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Your essential daily news | WEEKEND, DECEMBER 2-4, 2016

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**METRO EXCLUSIVE
IN ALBERTA**

DOPE IS DOPE



Legalization poll, metroNEWS

THE ASSOCIATED PRESS

CHARITABLE-FOOD GROWERS

Urban farm charity sprouting



**Helen
Pike**
Metro | Calgary

It's a pilot that's growing on the province.

After granting a lease to Grow Calgary in 2013 on the Transportation Utility Corridor by Canada Olympic Park, the province has found another parcel of land ideal for farming, and they want a similar not-for-profit organization with a compassionate-food mandate to take it on.

"They're looking at this as a pilot project," said Alberta Infrastructure spokeswoman Jessica Lucenko. "It's focused on non-government users, and small plots — it's not for major commercial operations."

Lucenko said these types of projects could sprout in other places along the corridor, even grazing Edmonton.

The land will be available beginning 2017, and charitable food growers are able to apply for the lease of a 20 acre parcel (nearly double the size of Grow Calgary's lot) immediately. The best application gets the lease.

The parcel, north of Glenmore Trail SE on the west side of Stoney Trail, was selected for a five-year lease because it used to be farm land, so it's an ideal spot to grow.

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✓ **WE ASKED FIVE OF CANADA'S MOST POWERFUL WOMEN**

How do you start your day?

The Women's Executive Network has unveiled their list of the top 100 most powerful women in Canada. We asked a few of the Albertan executives from the list how they start the day off right.

AARON CHATHA / METRO CALGARY

Desiree Bombenon
President & CEO,
SureCall Contact
Centers Ltd

Generally I get up at the same time everyday, take a quick look at my calendar to ensure I am prepared for the day. If I am at board meetings, or seeing clients I dress up; however, if I'm in the office just dealing with my team, I'll dress business casual.

I read over any notes that I would need for the day, look over any project details, and take a look at any reports sent to me. I eat breakfast either oatmeal or a protein shake, grab a coffee to go and head out.

The most important thing for me is to ensure I am prepared to be of service to my team, to offer suggestions, ask questions, or just give them support. I am generally one of the first people in at around 7 - 7:30 a.m. so I will spend 10 minutes in a mindful meditation before the day begins. This helps reduce stress while enhancing your focus for the day.



Allison Grafton
President and
Partner, Rockwood
Custom Homes

The moment I wake up, I honestly take a moment to take some deep breaths and be grateful for the day that's coming.

I check my phone before I get out of bed for any critical emails and respond so everyone can carry on. I grab a cup of coffee, get my family ready for the day — constantly still managing my phone, as emails and text get very busy from 7 a.m. on.

I work out with two girlfriends three days a week with a personal trainer who comes to my home — this is a time to catch up and stay in shape, one of the things that brings a good balance to my week. I land at my desk between 8:30 a.m. and 9 a.m. to have my first connection with the team, who conveniently work at the design office that is part of my home. From there we prioritize the day and get things rolling!



Andrea Fiederer
EVP & CMO,
goeasy Ltd

I'm a bit of a morning person, but my 2.5 year old daughter is even more so, and she likes us to start our day at 5:30 a.m.!

Once our human alarm gets us out of bed, it gives me a chance to spend some time with her before the craziness of the day starts. After balancing morning emails, getting everyone dressed and the odd fight about turning off Paw Patrol on the iPad, I'm out of the house by 7:30 a.m.

I'd like to say that's when I have some time to think, but I'm usually on a few early morning calls as I get into the office. I try to leave about 30 minutes when I first get into the office to focus on any key projects and have a few minutes to think before the business of the day takes over. I try hard not to use that time for emails as it can be a bit of a distraction and take you away from the core priorities of your day.



Susan Brown
SVP, Alberta/NWT
Division and
Women's Market,
Bank of Montreal

Before I even get out of bed, I reach for my iPad on my nightstand and check the emails that have begun rolling in from Toronto at 5:30 a.m. Alberta time. I like to know what I will have to deal with during the day, as it allows me to re-plan if need be. I also like to check my calendar and reflect on what's ahead of me that day, when the house is still very quiet and calm, and my husband and our dogs are still sleeping.

It's a nice time to plan and get myself ready for the day and, in fact, is almost the only time I have for that kind of thinking every day. Once our household starts to wake up, I tune in the news to catch the headlines while I get ready for work. Then it's out the door with a commuter mug of coffee in hand. I often take calls in the car (hands free of course!) while I'm en route to work, so I can maximize the time available.



Sara L. Austin
Founder &
President/CEO,
Children First
Canada

I'm on the road a lot for meetings across the country, but if I'm at home, I wake up to my alarm at 6:30 a.m. and get myself ready.

Then I prepare breakfast and lunch. Then I review my calendar for the day and quickly scan my email and social media, and respond to urgent messages. After that, I wake my son up and we have breakfast together, and then I get him ready for the day.

My husband starts and ends his day later than me, so we wake him up as we're heading out the door.

After the school drop off, I check my messages again before heading to work.

Once I'm at my desk, I'm usually taking phone calls or heading off to a meeting.



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Taxi-plate market losing value

TRANSPORTATION

Arrival of Uber, new approval process hits cabbies hard



Helen Pike
Metro | Calgary

For plate-holding taxi drivers, Uber's entrance into the market is certainly high stakes.

What used to garner drivers a "retirement plan" of sorts, to the tune of more than \$140,000, has dwindled in the past months from about \$50,000 to \$20,000 — with one Kijiji ad offering a measly \$500 for the once-treasured plates.

"Taxi plates are now worthless," reads the Kijiji ad. "I will pay \$500.00 for a regular taxi plate. But you better hurry because this offer may expire at any time."

This change has left some plate owners at a loss. Although vocal, they remain afraid to identify themselves when speaking out about the industry they see nose-diving



Calgary's cabbies didn't all buy into the taxi plate business, but those who hold the once-valued plates are feeling stiffed. METRO FILE

and cite 30 to 40 per cent less demand for rides.

Three of the city's top cab brokers hold 751 transferable taxi plates, that leaves 660 transferable plates in the hands of taxi drivers out of

a total existing 1,411 plates.

In 2012, the city stopped issuing transferable plates, and when drivers are done with them those get returned to the city for redistribution.

According to chief livery

inspector Mario Henriques, they're in charge of determining if a driver is eligible to receive a plate transfer.

"The cost associated with the transfer was managed by the plate holder and recipi-



The city's been complicit in the value of these plates over the years, and now they're just going to wash their hands of it.

Anonymous taxi driver

ent," said Henriques. "Just like other business investments plate values are market driven and based on the anticipated rate of return the plate is anticipated to generate in a given period."

According to one driver, who asked not to be named, he bought his plate at \$20,000 30 years ago, but could have sold it two years ago for upwards of \$200,000 and retired. One of his friends, who Metro spoke with thought he "got a deal" in 2014 buying a plate for roughly \$160,000.

"I played by the rules," said one driver. "The city's been complicit in the value of these plates over the years, and now they're just going to wash their hands of it ... nobody seems to care, unless you own one."

He's not sure where to go next, and friends of his in the industry who have taken out

mortgages on their homes to get the once-coveted licenses are watching as the value of their "investment" plummets.

In Ottawa, cab drivers filed a class action lawsuit for \$215 million in 2015 after Uber's launch alleging the city didn't take necessary steps to keep their industry intact when faced with the technological company.

To that, Henriques said the city doesn't have much to say, they don't make a habit of commenting on the merits of potential legal suits in other jurisdictions.

"The vehicle-for-hire industry is evolving, and city council has made changes to its bylaws in response to that," said Henriques. "The city has worked to understand and address the concerns and interests of all stakeholders. We know there isn't a one-size-fits-all solution."

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HEALTH

Province's first flu-related death recorded

Elizabeth Cameron
For Metro | Calgary

The first flu-related death this year has been confirmed in Calgary.

The latest influenza numbers, released Thursday by Alberta Health Services (AHS), reported one person with lab-confirmed influenza has died in the Calgary zone.

"That's what influenza can do. It can be very serious," said

Dr. Judy MacDonald, Medical Officer of Health with AHS for the Calgary zone.

Information about the deceased is not being released due to privacy reasons.

Calgary is a hot spot for influenza this year, with 245 lab-confirmed cases of influenza A, and three cases of influenza B in the city.

"We know (influenza is) going to come every year, this year it's Calgary's turn," said Dr. MacDonald.

By contrast, Edmonton has 24 confirmed cases of influenza A, and four cases of influenza B.

In Calgary, 80 people have been hospitalized with influenza so far this year, and 344,608 doses of the vaccine have been administered.

Dr. MacDonald said the strains circulating this year are the same as the four different strains of influenza covered by this year's vaccine.

"Even healthy people get

influenza. We unfortunately have had some deaths in these cases in the past," said Dr. MacDonald.

"Making a decision to be immunized protects you, and also the people around you," she added.

The influenza vaccine is free to all Albertans six months of age or older. AHS recommends frequent hand washing, covering your cough, and getting immunized as soon as possible to prevent contracting the virus.



The cycle track pilot could meet its end later this month if Calgary City Council votes against the project. METRO FILE

Cycle track gets graded

ROADS

Future of \$5M pilot project rests with city councillors



Helen Pike
Metro | Calgary

It's the cycle track's final report card, and while advocates may look at the results as "passing with flying colours," ultimately, the decision to continue on track is in council's hand.

For a \$5.45 million pilot, the data collected is lengthy, and every inch of the plan has set targets. Checking in on streets before, during and after, the city was measuring the standard figures, like ridership, but they also recorded collision stats with the help of CPS, they surveyed Calgaryans at three points to track satisfaction with the roadways — and made more than 100 tweaks during the project to improve the network.

While cycling ridership went up 40 per cent in the core, and unlawful sidewalk rides went down to two per cent from 16 per cent before the pilot and 67 per cent approval for the track — several targets weren't met.

The 5 Street SW and portions of 12 Avenue SW crushed their targets, but in the end, 8 Avenue SW lagged behind.

Looking back, bike boss Tom Thivener said the pilot's shortfalls were the impacts it made (to parking, loading) and the chan-

ges that people had to slowly get used to. But for him there were many positives.

"It not only makes it more attractive for more people to cycle, it's attractive to people who don't have as much confidence out on the road," said Thivener. "Making it more predictable for all road users."

In one week, councillors will get their first chance since the pilot launched to publicly debate the project's merits.

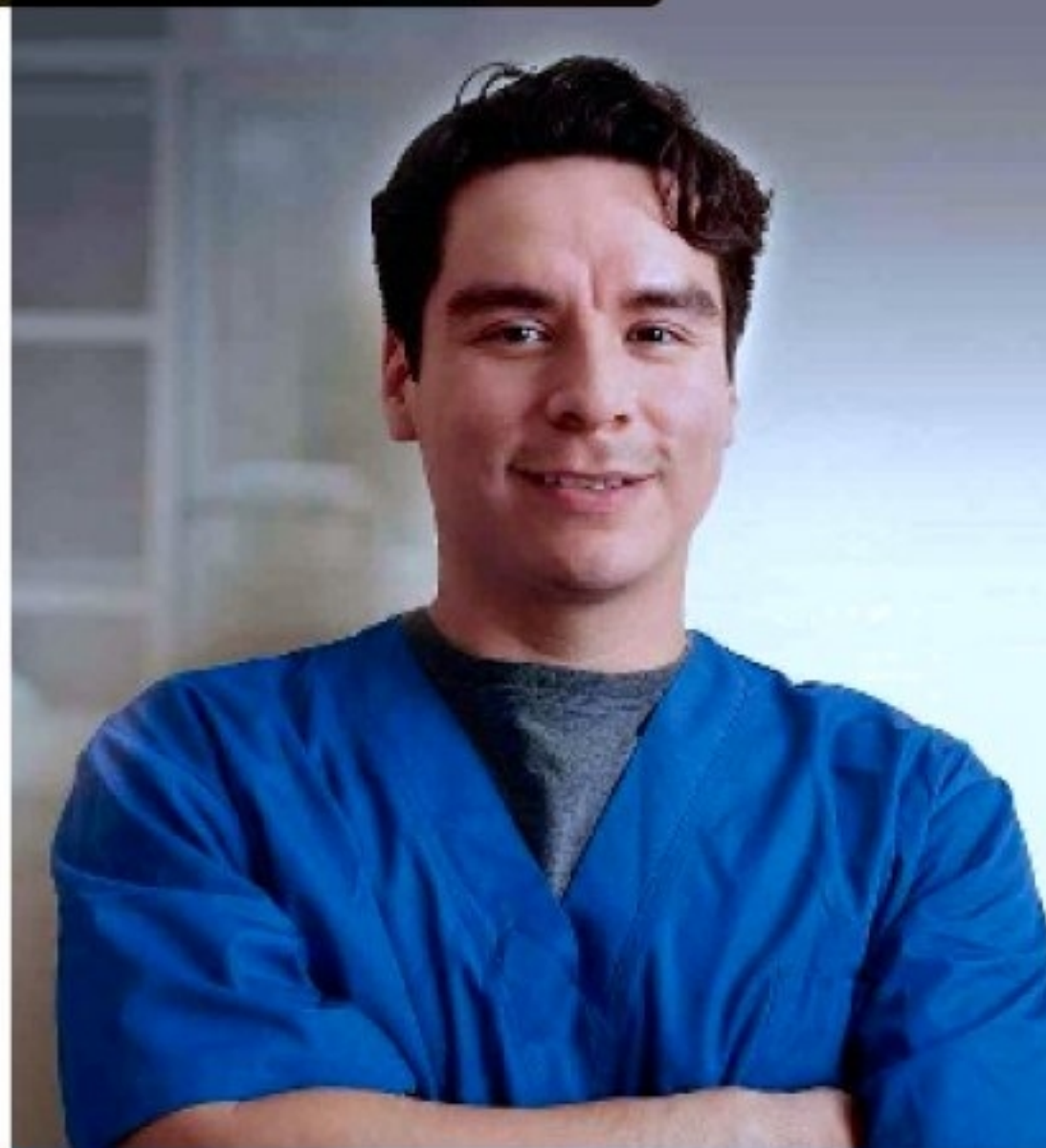
"The primary purpose of our cycle track network was to establish an additional mobility option that will allow us to continue to grow our vibrant downtown," said Coun. Gian-Carlo Carra. "For extremely little cost and disruption to existing modes, we've established an option that's made cycling a viable mobility choice downtown, and has tremendous opportunity to grow."

Disruptions were measurable. The tracks did add a 90-second delay to the typical commute, but the data also showed minimal collisions (39), even instances where vehicle collisions went down compared to pre-pilot numbers. And Thivener noted the problem areas often had easy fixes, with future tweaks that could improve the network even more.

According to the city's minutes, Couns. Joe Magglio, Sean Chu, Peter Demong, Ward Sutherland, Diane Colley-Urquhart, Jim Stevenson and Ray Jones voted against the city centre pilot project in 2014 when the pilot was ultimately approved.

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Sleep Apnea is a common problem that affects the way you breathe while we sleep. The most common form, known as Obstructive Sleep Apnea (OSA), occurs when the soft tissue in the back of your throat relaxes during sleep and blocks the airway. This interrupts breathing, and although the interruptions are usually brief, it can happen hundreds of times a night. It can jolt the sleeper out of natural sleep rhythms or wake them up multiple times. A person who suffers from Sleep Apnea will spend more time in light sleep and less time in the deep restorative sleep they need to be energetic, mentally sharp and productive the next day. Chronic sleep deprivation results in slow reflexes, poor concentration and an increased risk of accidents. It can also lead to serious health problems over time, including diabetes, high blood pressure, heart disease, stroke, and weight gain.

If you have OSA you may be completely unaware of it because you probably won't remember these awakenings. If you snore

ask your bed partner to give you feedback on the sound of your breathing. Occasional light snoring does not necessarily mean you have Sleep Apnea, but if pauses occur while you snore, and if choking or gasping follow the pauses, these are major signs that you have OSA. If you sleep alone try recording yourself while you sleep.

Sleep Apnea has many health consequences!

The health consequences of Sleep Apnea are reason enough to seek treatment. Relationship problems that can also arise from lost sleep when you are a snorer or sleep with someone who is. Whether you have Sleep Apnea or attempt to sleep with someone who does, I have good news. Now there is a laser treatment that can tighten the tissue inside the mouth to open the airways.

Nightlase® therapy is a non-invasive patient-friendly laser treatment that reduces the effects of Sleep Apnea and decreases the amplitude of snoring by means of a gentle, safe, laser-induced penetration of heat to the oral mucosa tissue. To understand how it works visualize what happens to hamburger when you put it on the barbecue. It shrinks. In the case of Nightlase, the heat is gentle enough to be used on the sensitive tissue inside the mouth, but strong enough to provide efficacious heating. It does not hurt!

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COMPASSION

Calgarians step up to help man take the trip of a lifetime

Elizabeth Cameron
For Metro | Calgary

Kim De Gagne said he has received overwhelming support from Calgarians who want to help him take his wife on a trip to Hawaii, while he still can.

"This whole thing has really been on fire," De Gagne said.

The 62-year-old former dance instructor has multiple myeloma, an incurable blood and bone cancer.

He has operated a Christmas tree lot in McKenzie Towne for several years, even though the physical labour it requires is getting more challenging since his diagnosis three years ago.

After sharing his story with Metro, he said many people have been purchasing their Christmas trees and stopping by to visit.

"I'm humbled by the support



"This is the most amazing thing that's ever happened to me."
Kim De Gagne

Kim De Gagne at his Christmas tree lot in McKenzie Towne. JENNIFER FRIESEN/FOR METRO

I've had people here from Calgary and all the surrounding communities come by," said De Gagne.

He said customers have even come from Airdrie, Didsbury, Hanna, and Okotoks.

"They came to visit (Calgary) for other reasons, and chose

to get a tree here rather than anywhere else. I can't believe it," he said.

De Gagne expects he will be sold out of Christmas trees by mid-December, bringing him ever-closer to funding his Hawaii dream.

"I'm excited that I'm as busy

as I am, it's been amazing," he said.

An anonymous woman who owns a condominium in Hawaii stepped forward after hearing De Gagne's story, and offered the couple a free week-long stay.

Project Smile, a non-profit in Calgary that provides "help and

happiness" to those who need it, donated \$500 towards the trip costs.

"Calgary's a wonderful city," said De Gagne, who has lived here for his entire life.

"This is the most amazing thing that's ever happened to me."

IN BRIEF

Crown withdraws charge of dangerous driving

A 20-year-old Calgary man is no longer facing a charge of dangerous driving.

Kunal Anand was charged on April 10 after a video was recorded on a dash cam showing a speeding car squeezing between two other vehicles on the Queen Elizabeth II Highway near Bowden. The car also passed another vehicle on the shoulder before speeding away.

The Crown withdrew the charge after speaking to witnesses and believing a charge wouldn't hold up in court. THE CANADIAN PRESS

Clarification

In Thursday's edition of Metro, the headline on the front page story implied that the PC Party and the Alberta Party were in merger talks.

As the story clearly states, members of the party were talking and there had been no official contact between the parties. Metro regrets the confusion. METRO

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Landlord thought boy was faking illness

COURT

Trial hears from friends of mother charged in son's death

A woman charged in the death of her son was described by her friends in court Thursday as a nurturing mother who gave up everything to take

care of him.

Tamara Lovett, 47, is on trial charged with failing to provide the necessities of life and with criminal negligence causing death.

Ryan Alexander Lovett died in March 2013 after getting a strep infection that kept him bedridden for 10 days. The trial has heard the seven-year-old was treated with dandelion tea and oil of oregano.

He died from massive or-

gan failure.

"When I saw Ryan, he looked more angry and depressed. Personally, I actually thought he was faking it," said Lovett's friend Frank Keller, who was also the manager of the building she and Ryan lived in.

"This kid was going into a clingy-like panic attack. He would not let go of his mother. I was pissed off at Tamara for being over-nurturing, over-

mothering, having to do everything for the kid, keeping herself glued to the kid."

Keller said Lovett had lived at the apartment for about five years and he knew her from the arts community.

He said she was unable to find full-time work because she was caring for Ryan, and was \$3,000 behind on her rent.

"I feel really, really bad with myself because I stood there on that last day looking out

the window and looking at that kid and I'm pissed off that this kid's faking it. I'm looking at the kid and I'm saying, 'Why do you want to do this to your mother?'"

Harold Pendergrast, another of Lovett's neighbours who described himself as a portraitist, said he took care of Ryan the day before he died.

"He was usually a vibrant young man. He wasn't as vibrant," testified Pendergrast,

who said he thought the boy was dealing with an "emotional burden" rather than something physical.

"I did not see sunken eyes and a child on the edge of death at all. Did I see anything physically wrong with that boy? Energy level. He wasn't out just ripping it up."

Doctors have testified treatment with an antibiotic would have saved Ryan's life.

THE CANADIAN PRESS



Some businesses near Kensington Road and Crowchild Trail — including 10,000 Villages — could be affected if the city goes ahead with recommendations. JENNIFER FRIESEN/METRO

INFRASTRUCTURE

Crowchild study to get final public input



Brodie Thomas
Metro | Calgary

After nearly two years and five steps, the Crowchild Trail Study is entering its final phase.

And as with the previous five steps, the city is again looking for the public's input.

But with the final draft recommendations coming forward, the city is less interested in concerns about the roadway, and more interested in feedback on the consultation itself, according to Crowchild Trail Study project manager Feisal Lakha.

"This is a new process that we've employed on this study, so we're looking to get feedback on the process itself, and that way it helps us with future studies and planning at the city," he said.

As the city unveiled the Crowchild Trail Study online and at public information sessions, it collected ideas from the general public and often incorporated them into the next phase.

"One of the key strengths (of the process) is Calgarians being able to contribute all the way through, and to see how their input was used or

in some cases not used," said Lakha. "When input was considered but we weren't able to incorporate some of the ideas, we said why."

One of the suggestions that was put into action right away was a left-turn restriction during the morning peak onto Kensington road.

"We've already seen benefit and received positive feedback on that," said Lakha.

The final draft has short, medium and long-term goals. One of the long-term goals is to eliminate the lights on Crowchild at Kensington.

That will mean lowering the grade of the road, and it could impact local businesses.

Joyce Doran, manager of 10,000 Villages, said the non-profit organization's property would lose road access to Crowchild under the proposed changes.

"There will be definitely be some big impacts to our store," she said.

Doran said they own the building, but it's too early to say what might happen because the plans have not yet been app

The final draft recommendations as well as online feedback are set to be on the City of Calgary's website Friday.



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'The rock' painted for Standing Rock

UNIVERSITY OF CALGARY

Students show solidarity with anti-pipeline protest

Elizabeth Cameron
Metro | Calgary

People from all different backgrounds in Calgary are finding ways to show support for the Standing Rock Sioux Nation.

As part of a global day of action to raise awareness about the Standing Rock Sioux Nation's efforts to block the Dakota Access Pipeline from being built, students at the University of Calgary painted a medicine wheel on the iconic rock on campus.

"Anybody who goes to school here is able to paint this rock," said Roderick Eashappie, a first-year student at U of C.

He explained that the medicine wheel represents all life on Earth in many indigenous cultures.



Reigen Kehler, a first-year student at U of C, helps paint a medicine wheel on the campus' iconic rock.

ELIZABETH CAMERON/FOR METRO

"The Dakota Access Pipeline is not good for the environment, period. The land they want to build on is treaty territory," Eashappie said, adding that first and foremost, the pipeline is an environmental concern.

"(Land has) always been taken away from us, bit by bit over the years. We're going to be left with nothing salvageable in the future, for anybody," he said. Students and faculty alike showed up to watch the rock get covered in black, red, yellow, and white paint. The colours represent the

four directions, although the specific meaning varies between nations.

"A lot of people don't know what's happening, or have the wrong idea of what's happening in Standing Rock," said Justine Keefer, an indigenous studies student in her second year, who was at the painting session.

She recently wrote a paper for class about land rights and the need for consultation with indigenous people on projects like the Dakota Access Pipeline.

"The Dakota Access Pipeline is not good for the environment, period."

Roderick Eashappie

"It's a deeply concerning issue for everyone in this house," Sabir told the legislature during question period Thursday.

Sabir said he met and talked with Serenity's grandmother earlier this week.

Serenity's case became public last month when Child and Youth Advocate Del Graff urged better safeguards in kinship placements after the malnourished, bruised, and severely underweight girl died in 2014.

"If it was easy to fix, it would've been fixed."

Ric McIver

Subsequent media reports detailed medical records that were denied to Graff and revealed the girl's body showed signs of physical and sexual abuse and that she had suffered a massive brain injury.

Progressive Conservative Leader Ric McIver, who had been pushing for an all-party inquiry, said there is no more important purpose for governments than to take action to protect children in care.

He said it's an issue that crosses party lines and is one that defies easy solutions.

"If it was easy to fix, it would've been fixed," he said.

"Maybe it's time we all put our heads together, made a team effort out of it, and did something for the kids that are actually in our care."

Serenity died while under kinship care, which places children not in foster care but in the care of other family members.

Premier Rachel Notley told the house last month that since the death changes have been made to the system, and more resources are available.

THE CANADIAN PRESS

ALL-PARTY COMMITTEE

Child's death in care scrutinized

The Alberta government is setting up an all-party committee to explore the circumstances surrounding the death of four-year-old girl who was in government care.

Human Services Minister Irfan Sabir says the panel will look for ways to prevent a recurrence of the fate that befell the young girl, named Serenity.

"It's a deeply concerning issue for everyone in this house," Sabir told the legislature during question period Thursday.

Sabir said he met and talked with Serenity's grandmother earlier this week.

Serenity's case became public last month when Child and Youth Advocate Del Graff urged better safeguards in kinship placements after the malnourished, bruised, and severely underweight girl died in 2014.

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Darlene Caston attended a Calgary Board of Education meeting Thursday to discuss plans for the Mandarin program at Midnapore Elementary School, where her two children are students. JENNIFER FRIESEN/METRO

EDUCATION

Eggen puts school fees on back burner

Calgary parents are asking Alberta's education minister when they might see his campaign pledge to reduce school fees come into action.

In a statement provided to Metro, the minister said he remains committed to reducing the fees, but other things have taken priority during a challenging economic time — and he doesn't anticipate allocating funding towards fees until 2018.

"We decided that it was more important, at this time, to protect existing funding — such as school authority funding which is used to hire teachers and support staff — which makes a direct impact in our classrooms," he said. "We also restored the transportation grant that the previous government had cut. Had we not done that, transportation fees would have likely increased."

Althea Adams, spokes-

woman for Calgary Association of Parents and School Councils (CAPSC), said this is "absolutely not" a good enough answer.

"At the end of the day he had said he'd be looking into fees and not only to reduce fees, but where they are going," she said. "As of now they have yet to do that and I am hearing now that they aren't planning on doing it until 2018 — which is ridiculous."

Adams said CAPSC has re-

viewed RAM (resource allocation method) documents from Calgary Board of Education schools, and from what they can see the fees aren't even staying in the schools.

"I'm sorry, but that information needs to be disclosed to parents," she said. "Eggen said they expect fees to be used for what their intended for — and they're not. Where exactly is this money going?"

LUCIE EDWARDSON/METRO

Parents stay hopeful

MANDARIN PROGRAM

Board hints at flexibility on numbers, says spokeswoman



Lucie Edwardson
Metro | Calgary

A group of Calgary parents fighting to keep their kids in a specialized Mandarin program in the city's south said they're making progress with the Calgary Board of Education (CBE).

Darlene Casten, spokeswoman for the group whose children are in the Mandarin program and completing Grade 6 at Midnapore Elementary School, said they were told at the end of September their kids would have to go to a school in the city's northeast if they wanted to continue in the program in Grade 7.

That's something Casten said could result in a 95 per cent drop out rate of the current Grade 6 class, which only has eight students.

But, after presenting to the CBE board of trustees Tuesday and meeting with administration Thursday, Casten said things are looking up.

"We're moving forward with a number of things," she said. "We made the point to them that we'd be upset if there was any kid who wanted to pursue this who couldn't because they were limited to a north school — this isn't the kids' fault this

happened."

Sydney Smith, CBE area five director, said in the meeting Thursday both groups expressed a desire to work together, but there are still a number of challenges.

"It's always been our desire to support these students, we just have some constraints around us about having the appropriate number of students, staff and space in order to be able to offer that," she said.

Originally Casten said they'd been told they'd need 40 students per grade and 20 students in Grade 7 to open a south junior high, but after meeting with the CBE she said they told her they're willing to be flexible — maybe.

"The sense they gave us is that it depends on how close we can get to that number," she said.

Casten said the parents from the program have put together numerous committees, including a student recruitment committee, so that they can hopefully bolster their numbers.

"They set up a booth at the YMCA in Shawnessy and 30 people put their names down stating they were interested in the program," she said.

The CBE will also be putting forth an expression of interest in late January looking at creating a middle school (Grades 5, 6 and 7) to house the Mandarin program.

Casten said the CBE also committed to do another expression of interest the following year should it be unsuccessful the first time.

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Rolling with weed: Poll finds Alberta supports legalization

MARIJUANA

Support for legal pot highest among millennials



Helen Pike
Metro | Calgary

Albertans are increasingly cool with the legalization of kush.

A new ThinkHQ/Metro News survey has found that two-thirds of Albertans — 65 per cent — agree the drug should be legal, while only 20 per cent admit that when it's legal, they will take up.

That's an even higher rate of acceptance than a poll Insights West published in 2014, where half of Albertans asked would like to see the substance legalized.

"I think in the past couple of years you've had more exposure of people to medical marijuana, and legalization in other jurisdictions," said Marc Henry, president of ThinkHQ.

"The fact that one in five say if it was legal they'd be likely to use it suggests there's certainly a market for it."

The study found Calgarians are marginally less accepting (67 per cent) of pot policy compared to Edmonton at 76 per cent. Henry said they were able to connect that stat with people's latest provincial ballot box votes, showing that Liberal and NDP voters are much more open to legal marijuana, and Wildrose, and



The study found Calgarians are marginally less accepting than Edmontonians. THE CANADIAN PRESS FILE

Progressive Conservatives aren't as keen.

"Edmonton definitely, they're OK with it," said Henry. "The support goes down with age, if you're a millennial, under 35, support for legalization is almost 80 per cent."

Keith Fagin, an activist, said he's not surprised to see people embracing the impending legal weed legislation. He's been working for years to help people understand the facts behind cannabis consumption, and he's especially encouraged to hear

89 per cent of Albertans accept the medical use.

"We've changed a lot of minds," Fagin said. "A lot of doctors are starting to come around; certainly the majority still aren't willing to prescribe it, but it is coming along."

Finally, Albertans don't want the substance sold and traded willy-nilly. And that's something Fagin agrees with. In his eyes, pot should be sold in a licensed shop, where vendors have the expertise to

match consumers with specific strands.

The survey shows that this kind of sales environment is the most acceptable, at 72 per cent — what Albertans don't want to see is

people growing marijuana to sell from home, or unlicensed businesses popping up to sell pot.

The survey asked pot-related questions to 1,106 Albertans online, weighted to reflect gender, age and region according to Statistics Canada, with a margin of error plus or minus three per cent.

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POLICE

Concerns rise over sergeant's promotion



Lucie Edwardson
Metro | Calgary

As the Calgary Police Service grapples with issues of bullying and harassment within their ranks, some members are concerned with the promotion of individuals who have denied a negative culture exists within the force.

Recently, Sgt. Jodi Gach was one of four female CPS officers

who spoke with media about how she feels the individuals raising concerns within the organization are too sensitive and entitled.

Since speaking out, Gach has been promoted from sergeant to staff sergeant, which has some members worried — how will they bring concerns to someone who has dismissed their negative experiences?

Former CPS detective Marlene Hope, who has acted as the spokeswoman for many officers

who claim to have been bullied and harassed, said the promotion is problematic.

"I don't know too many people who would feel comfortable approaching her about abuse they might have suffered after what she has said publicly," said Hope.

Attempts were made through CPS to communicate with Staff Sgt. Gach. Those attempts were not successful.

Chief Roger Chaffin said this is something the service is working on, but struggling with.

"It's understanding that sometimes people will want to parade out the happy people and say things are healthy. But, we really need to start helping those people who don't have that voice and don't feel that empowered, or don't have those opportunities," he said. "If the only way you can come forward is by speaking with the person you just complained about, who just got promoted, then you would just throw your hands up and say 'I'm done.'"



Nikola Rosic, 9, has his Calgary Flames jersey signed by Dougie Hamilton at Monsignor J.S. Smith Elementary School on Thursday. JENNIFER FRIESEN/METRO

He shoots, he reads!

CALGARY FLAMES

Hockey stars encourage students to pick up a book



Jennifer Friesen
For Metro

Amidst high fives and a few rambunctious shrieks, a pint-sized "C of red" pledged to give reading a shot.

Students at Monsignor J.S. Smith Elementary School were joined by three Calgary Flames players on Thursday to launch a hockey-fuelled reading initiative.

The incentive program, called Reading...Give it a Shot!, launched more than two decades ago. With the chance to win jerseys, game tickets and visits from players, school-aged children are awarded a hockey card every time they complete 100 minutes of reading.

"When they see their favourite stars reading, they feel total incentive to read as well," said Din Ladak, president and CEO of TEPP.

"They relate to the sport, they relate to the players, they relate to fame and they also relate to the equality of it —

because everybody has access to reading and they just have to get the right spark to do that."

Harvey the Hound, the Flames' centreman Freddie Hamilton and defencemen Deryk Engelland and Dougie Hamilton entered the gym to sign autographs for the jersey-clad crowd and talked to them about reading.

The players ran in, high-fiving the students, and offered some advice and a few book recommendations themselves (including Engelland's shout-out to the classic Green Eggs and Ham).

Kylen Aiken, 13, is an avid hockey player and fan, and he brought his Flames jersey to school on Thursday to be signed by Dougie Hamilton. He has seven hockey cards to date, but says he wants to keep reading to get more.

"I think it encourages more kids to read," said Aiken. "Because it's with the Flames so we're excited to meet them and see what they have to say about it."



I think it encourages more kids to read.

Kylen Aiken, 13

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Carr begins pipeline sales pitch on friendly ground

PIPELINES APPROVAL

Mission lays out why projects are in national interest

Federal Natural Resources Minister Jim Carr kicked off his pipeline sales mission on friendly turf Wednesday, addressing Calgary's Chamber on the importance of the two major projects the Trudeau government approved a day earlier.

"Our announcement on pipelines brings much needed new hope to thousands of hardworking Albertans in the energy sector — a sector that has suffered so much over the past years," said Carr.

He framed the approval of the Kinder Morgan Trans Mountain and Enbridge Line 3 pipelines as the culmination of a thorough and improved assessment process that heard from more than 35,000 Canadians.

"We set about restoring Canada's faith in how major resource projects are assessed, because how we got to our recent decisions mattered just as much as the decisions themselves," he said.

He agreed that he saw his role as a cheerleader for the projects now that they have been approved, saying Tuesday's announcements were a clear signal that the government sees the importance of the pipelines.

"I think that the decision

speaks volumes about what the government of Canada thinks of the necessity of building infrastructure to get our resources to market sustainably," Carr said.

He said the government's mission now is to explain to Canadians why the projects are in the national interest, and how they plan to balance environmental and economic matters. "Expanding our export markets is fundamentally important for the industry and for the government of Canada," said Carr. "The Trans Mountain expansion project will make that possible. For the first time Canada will be fully in the global energy game."

Promises of jobs and increased and safety requirement, have, however, done little to dampen stiff opposition, especially to the Trans Mountain project running from near Edmonton to a port in Burnaby, B.C.

Keith Stewart, Greenpeace climate and energy campaigner, said in an email that while the group doesn't want to spend years fighting the project with lawsuits and civil disobedience, they will take whatever peaceful means necessary to ensure it never gets built.

"We make that commitment because we care about the climate, because we care about indigenous rights, healthy communities and sustainable economies, and we will act when they are threatened. Building new tarsand pipelines threaten them all," Stewart said.

THE CANADIAN PRESS



For the first time, Canada will be fully in the global energy game.

Jim Carr



Minister of Natural Resources James Carr speaks to the Calgary Chamber of Commerce in Calgary on Wednesday. THE CANADIAN PRESS

ENVIRONMENT

Kinder cash for green fund: B.C.

A senior official with the British Columbia government says the province expects to negotiate a fair share agreement with Kinder Morgan that sees the pipeline company pay for an environmental fund.

The official, who spoke on the condition of anonymity, says the fund will become part of the province's five conditions that must be satisfied before supporting the \$6.8 billion expansion of the Trans Mountain pipeline from Alberta to Burnaby, B.C.

Speaking after a speech to the B.C. Road Builders Association Thursday, Premier Christy Clark said any money the province receives from Kinder Morgan will go towards environmental protection.

The official says B.C. has a general sense of the amount of money it expects to receive as its fair share for the risk the province will bear from the pipeline and an increase in tanker traffic on the West Coast.

But the official did not specify the amount of money B.C. expects and says negotiations will determine if the province receives a one-time payment or payments by instalment.

Clark has said the federal government is close to meeting B.C.'s five conditions for approval of the Kinder Morgan pipeline.

Prime Minister Justin Trudeau announced the pipeline's approval Tuesday, saying the project, which triples the capacity of the current Trans Mountain pipeline, is in the national interest.

THE CANADIAN PRESS



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The Naughty... but Nice show pokes fun at the holidays, but without losing that heart-warming spirit. AARON CHATHA/METRO

A little nice, a whole lot more naughty

SCENE YYC

Festive stage favourite back with some new holiday hoots



Aaron Chatha
Metro | Calgary

It's that time of year again. The annual Naughty... but Nice show returns this Christmas — and it's an estimated 20 per cent naughtier than last year.

"But that's our goal, to be a bit naughtier," smirked performer Selina Wong, who took part in last year's show as well.

"To keep it fresh, we only keep half the songs from last year — the other half are new, so even people who have seen it before won't know what's coming."

The revue style show features a number of different songs centred on holiday subjects. The actors play different characters from each scene or song, which have been written specially for the show.

There's Brendan the Brown-nosed Reindeer, who is the biggest suck up at the North Pole, or a saucy number called Waiting up for Santa Claus.

"Which is very naughty, because Santa's coming for a booty call at the end of his run," laughed Joe Slabe, Forte

Musical Theatre artistic director.

The cast feels that this season, Calgarians really need a show like Naughty... but Nice. For one, it pokes a little fun at subjects that might otherwise get people down.

"I feel like 2016 has been a rough year — and we acknowledge that in our show," said Slabe. "There's a number called Requiem for the Corporate Christmas Party, about how people are lamenting the big

holiday parties their companies used to throw.

"We need some levity and we need some fun in our lives."

Aside from the naughty bits, Slabe said the show is full of heart-warming gestures — they make sure they don't betray the spirit of the season.

Last year's performance won a Betty Mitchell award for Outstanding Production of a Musical.

The show opens on Dec. 8 at the Lunchbox Theatre. For more information, visit www.fortemusicaltheatre.com.



2016 has been a rough year...We need some levity and we need some fun in our lives.

Joe Slabe

WEEKEND EVENTS LOTS TO SEE, AND DO, AROUND TOWN

Friday: The Polar Express

All aboard! The Polar Express is officially taking off from Aspen Crossing. The train ride, based on the popular children's book and movie, invites kids to come in their pyjamas, where they'll get hot chocolate and sugary treats. Every kids also gets to take home a silver sleigh bell. For more information, visit aspencrossing.com

Saturday: This is That

Pay Kelly and Peter Oldring of the satirical CBC show This is That give audiences a peek inside the production at the Banff Centre. They'll bring character interviews and mockumentary stories, giving an idea of how the completely improvised radio show comes together. For more information, visit banffcentre.ca

Saturday: Rocode Workshop

Vancouver electro-pop duo Rocode will run a public workshop to complete their residency at the Studio Bell National Music Centre. They're currently in the writing phase of their third album, and were experiments with the NMC's collection of rare synths and historic artifacts. For more information, visit studiobell.ca

Sunday: It's a Wonderful Life Radio

One of the holidays' most iconic stories is told in 1940's radio style, courtesy of Lunchbox Theatre. When misfortune befalls George Bailey, he's shown what his town and family would be like if he had never lived. Five talented actors bring the story to life. For more information, visit lunchboxtheatre.com.

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Store to fight cannabis stigma

AIRDRIE

Cancer survivor says it's a plant and medicine, not a 'drug'



Josie Lukey
For Metro | Calgary

Melinda Tobias doesn't want you to call cannabis a drug.

Instead, the mother of four wants you to think of cannabis as a plant or a natural medicine as she has come to know it through her diagnosis with invasive cervical cancer on Jan. 8, 2015.

"When I got that diagnosis, I had about a two- to three-month waiting period while the tumour board reviewed my biopsy and came up with a treatment plan," said Tobias.

"I kind of looked into everything that wasn't medical that could help with preventing cancer or stalling cancer and stopping it from growing or progressing."

That's when Tobias started using cannabis as a way to



Melinda Tobias is opening a retail store in Airdrie called Cannabliss to help open up the conversation about cannabis. JENNIFER FRIESEN/FOR METRO

manage her pain, and after much research, she hasn't looked back since. Using the medication, Tobias said she's seen improvements in the areas of digestion, energy, day-

to-day pain and stress management.

Now, Tobias wants to share her knowledge about cannabis and tell the stories of those facing similar ailments through

a retail store she's opening in Airdrie called Cannabliss.

"Cannabliss is a brand that promotes the use of cannabis in the medical community in hopes of removing the stigma

associated with its use," said Tobias.

Although Tobias won't be selling cannabis, the store includes a lineup of natural health products including es-

“

I don't want people to feel ashamed to use their herbal medicine or talk about it.

Melinda Tobias

sential oils, salves, skin care, healthy snacks, and books.

But that's not the only plan for the store.

Tobias is developing a full-length documentary about her business, including people's stories about using cannabis and interviews with experts.

It's even piqued the interest of Netflix, which is reviewing the outline for the documentary and a potential reality series.

"I don't want people to feel ashamed to use their herbal medicine or talk about it. I want to change your thinking and perception of this plant so that cannabis is the first choice for treatment and prevention rather than the last one," said Tobias. Cannabliss is set to open early 2017.

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'Sex is still a taboo thing to talk about'

SCENE YYC

Smut Slam tries to take bedroom chat out into an open, fun space



Aaron Chatha
Metro | Calgary

After a not so hush, hush Fringe show, Smut Slam has exploded into Calgary with a monthly event. Organizer and MC Thomas Hall invites Calgarians to the stage, to share intimate stories about sex. There are judges and even prizes for the best stories.

The next event takes place Dec. 14 at the Inkubator Theatre. Doors open at 7:15 p.m.

What's Smut Slam about? Smut Slam is an event that was started by Cameron Moore. She's a travelling



Thomas Hall organizes the event in hopes to change attitudes and talk around sex to a positive one. COURTESY THOMAS HALL

Fringe artist and a phone sex operator, and a lot of her work deals with that. She started it just to build positivity and awareness, and get people talking about sex. Because it's still a taboo thing to talk about.

But, more importantly, it's

to get people talking about tough subjects. We're promoting sexual positivity, a safe space and awareness.

How does Smut Slam work?

I start every night without any announcements. I go

straight into a story. There are 10 slots in the evening for people to come up and tell a story. It has to be a true story; it has to be a consensual story, about you — not third party. No notes or props, it's storytelling not theatre. One of our sponsors is nJoys, they sponsor the **** bucket, which is for anonymous questions and confessions. As the night goes on, in-between presenters, I will pick a confession from the bucket and read it aloud.

What kind of confessions?

We have to be respectful for everyone. This time, the first one we read out was a 55-year-old who said he was dating a 35-year-old. So, I took that moment to say, you know what, this is a safe space. This is judgement free. No one here is against — if you found love, you found love.



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Dead herring puzzle experts

WILDLIFE

Thousands of fish washing ashore in Nova Scotia

Tens of thousands of dead herring keep washing ashore along Nova Scotia's western coastline, a mystery for biologists trying to figure out what is killing the small, silvery fish.

The first sightings were reported two weeks ago at beaches along the eastern edge of St. Marys Bay, which separates the sliver of land known as Digby Neck from the Nova Scotia mainland.

Since then, several reports of dead and dying herring have come in from different parts of the bay, and now dead herring are showing up farther to the east in the Annapolis Basin and near Bear River.

Biology professor Shawn

Craik said local fishermen can't recall seeing herring wash up on the beaches in such large numbers.

Craik said he was inspecting a beach with students last Friday when he spoke with an old clam fisherman who was standing among a pile of 50 or so herring.

"He was bewildered," said Craik, an ornithologist at Sainte-Anne University in western Nova Scotia.

Craik said the fish could be succumbing to a virus, some form of pollution, parasites or a poisonous algae bloom — but lab tests have yet to determine what is going on.

"If there was a toxin getting into these fish and being passed on the scavengers, you would expect that some-

one, somewhere would find some dead gulls," he said, adding that no such reports have come in.

A spokesman for the federal Fisheries Department in Digby said test results from a laboratory in Moncton, N.B., should be available by Friday or early next week. Tests are also being conducted at the Atlantic Veterin-

ary College in Charlottetown.

Herring are known as a forage fish, which means their large schools play an important role in feeding whales, seabirds, seals and larger fish,

such as cod.

In August, a report from the World Wildlife Fund concluded that Canadian forage fish are in trouble.

THE CANADIAN PRESS



If there was a toxin you would expect that someone would find some dead gulls.

Shawn Craik



Dead herring washed ashore at Gilberts Cove, Nova Scotia.

CONTRIBUTED/THE CANADIAN PRESS

'60s SCOOP

Not our duty, feds tell court

The federal government had no legal obligation to prevent on-reserve children from losing their aboriginal identities after placement in non-indigenous homes during the so-called '60s Scoop, an Ontario court heard Thursday.

In urging a class action to be thrown out, a government lawyer also argued that the notion of aboriginal culture or identity is too fuzzy to render such an obligation — had it existed — legally enforceable.

The 2009 lawsuit seeks \$1.3 billion on behalf of about 16,000 indigenous children in Ontario who claim they were harmed by being placed in non-aboriginal homes from 1965 to 1984 under terms of a federal-provincial agreement.

While the arguments are legally complex, one key element of the plaintiffs' claim is that the government never consulted Indian bands about the child-welfare program as required by the 1965 agreement.

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Pepper spray is OK: Leitch

LEADERSHIP RACE

Tory candidate would legalize spray irritants for self-defence



Andrew Fifield
Metro | Toronto

Conservative leadership candidate Kellie Leitch is calling for Canadians to have the right to bear-spray arms.

Leitch, who has staked her candidacy on a platform of "Canadian values," announced her intentions in a Facebook post Wednesday morning.

"As prime minister, I will amend the Criminal Code to make it legal for Canadians to possess mace and pepper spray for self-defence purposes," the Ontario MP wrote, adding that the measure is needed for women to fend off potential physical and sexual violence.

"Women should not be forced by the law to be victims of violence when there exist

non-lethal means by which they can protect themselves."

An additional statement from Leitch's office clarified that self-defence is the only use of spray irritants she would make legal and that other purposes would be "prosecuted to the fullest extent possible."

Leitch's social media presence has ramped up in recent weeks after she reacted to Donald Trump's victory by saying the president-elect had an "exciting message" for Canadians.

Her platform shares a focus on immigration that helped propel Trump to victory in the U.S.

Among the policies she has called for are a face-to-face "values test" that would screen potential immigrants for their opinions on a range of human rights issues. Leitch has criticized the government's Syrian refugee settlement program, which she calls a "disaster."

She has also called for the complete dismantlement of the CBC and has come out firmly against pricing carbon.



WORLD AIDS DAY RESEARCH TO GET FUNDING BOOST Prime Minister Justin Trudeau raises the World AIDS Day flag, as Minister of Health Jane Philpott looks on in Ottawa on Thursday. The federal government has pledged more support for the fight against AIDS, and Trudeau says he's confident the battle can be won. In marking World AIDS Day, Philpott also announced the government will spend another \$3.5 million on AIDS research. That's on top of the \$50 million per year Canada currently invests in HIV and AIDS research. JUSTIN TANG/THE CANADIAN PRESS

DEMOCRACY

Liberals backtrack on voting reforms

Liberal members of a special all-party committee on electoral reform are urging Prime Minister Justin Trudeau to break his 2015 promise to change Canada's voting system before the next federal election.

That remarkable call for inaction came Thursday even as opposition members of the committee joined forces to put pressure on Trudeau

to keep the campaign commitment. In its long-awaited final report, the opposition-dominated committee recommended that the government design a new proportional voting system and hold a national referendum to gauge support.

It could all be done in time for the next election in October 2019, opposition MPs maintained. But NDP demo-

cratic reform critic Nathan Cullen acknowledged the "strange scenario" that seems to be developing, with the opposition "finding enough room for consensus to help the Liberals keep a Liberal promise and the Liberals not so interested in it anymore."

In a "supplementary" report, the committee's Liberal members said Canadians have not been sufficiently engaged

in the issue and expressed deep misgivings about holding a referendum to measure public opinion on the subject. They recommended that the government undertake "a period of comprehensive and effective citizen engagement" before proposing any specific voting system, all of which they said "cannot be effectively completed before 2019."

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Crash avoidable: Relatives

SOUTH AMERICA

Victim's father questions why charter plane was even used

Relatives of victims who died in an air crash that killed most members of the Brazilian soccer club Chapecoense spoke out in anger Thursday, with several saying the crash was avoidable.

Only six of the 77 passengers and crew survived, three of them players. Nineteen other players died in the crash late Monday, a few kilometres from the airport in Medellin, Colombia.

Recordings of conversations with the pilot and accounts of a surviving flight attendant, along with the lack of an explosion upon impact, indicated the BAE 146 Avro RJ85 jet ran out of fuel.

Osmar Machado, the father of defender Filipe, questioned why that plane was used. His son died on his father's 66th birthday.

"Profit brings greed," Machado said. "Because of 30 kilometres this plane ended (the lives of) 71 people. But what can we do now? The owner of the plane died."



People participate in a tribute to the players of Brazilian team Chapecoense killed in a plane crash in the Colombian mountains on Tuesday in Medellin, Colombia. AFP/GETTY IMAGES

Experts have said the plane that took off from Santa Cruz, Bolivia, was at its maximum flight range when it crashed into a muddy mountainside.

The team was heading to play in the first of two matches in the final of the Copa Sudamerica, South America's No. 2 club

What can we do now? The owner of the plane died.

Osmar Machado, father of defender Filipe

tournament.

Williams Brasiliano, uncle of Chapecoense midfielder Arthur Maia, said the crash could have been avoided if Chapecoense had chosen a regular airline to travel to Colombia instead of a charter.

"Look how complicated that flight was going to be even if

it had arrived," Brasiliano said, tears in his eyes. "Even if they had arrived, it is clear that they would be tired from the trip to play a final. This can't be right. I doubt that a bigger club would have done the same."

Chapecoense spokesman Andrei Copetti said more than 30 clubs had used the LaMia company that operated the crashed jet, including Argentina and Bolivia.

"LaMia also took us to Barranquilla (Colombia) to play against Junior," Copetti said. "They had a good service then. It was the airline that got in touch with us because they have experience in doing these long flights in South America. We chose this company for technical reasons. All these rumours have to be discarded."

He said the governing body of South American football, known as CONMEBOL, was not involved in choosing LaMia. He also said the city had no role.

Soccer legend Pele expressed concern for the families in his first comments about the crash.

"We have to ask God to give strength to their families for this sadness to go as quickly as possible," Pele told ESPN Brasil.

THE ASSOCIATED PRESS

LIBYA

Migrants central part of economy

Libya's coastal cities are making millions each year from people smuggling, a European Union military task force commander in the Mediterranean Sea says in a confidential report.

The report, issued to the EU's 28 member states Wednesday and obtained by The Associated Press, illustrates how the flow of migrants toward Europe is a central part of the economy in war-torn Libya.

In the report, Rear Adm. Enrico Credendino warned that "migrant smuggling, originating far beyond Libyan borders, remains a major source of income among locals in Libyan coastal cities generating estimated annual revenue of up to 275 to 325 million euros (\$292 million to \$346 million)."

It's unclear how the figure was calculated. EU officials didn't immediately respond to questions by email or phone Thursday.

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Supporters hold Women for Trump signs at a campaign rally for Donald Trump on Nov. 7. AFP/GETTY IMAGES

The state of women in Trump's U.S.

How do you explain gender inequalities to people who refuse to believe they exist or don't think they matter?

ROSEMARY WESTWOOD
From the U.S.

When Hillary Clinton beat the drum of the woman card along the 2016 campaign trail — “Deal me in!” — it was the grandma joke that landed a little flat.

Fighting for women's equality and rights was a desperate need for many of her supporters, but as a punchline, the deck-of-cards analogy hardly blew your socks off. And for the majority of white American women who voted in Trump, it clearly didn't make the difference.

Kellyanne Conway, Trump's campaign-manager-turned-adviser, appears to now interpret Clinton's loss as proof that Trump isn't actually sexist or misogynist.

“All this anti-woman stuff,” she said this week, after being asked at a Washington,

D.C., event how she “rationalized” Trump's pussy-grabbing tape with the fact he's denied allegations of sexual assault. “And you know how America's women answered? They gave the would-be first female candidate, I don't know, what was it, 56 per cent of the vote, 57?” (Pew Research Centre has it at 54 per cent.)

“She should have gotten 60 or 62 per cent of the female vote,” Conway continued. “And part of why she did not is women tired of the same argument and the same thing that you're presenting to me now, even though you're trying to be personally mean about it.”

Conway is objectively right. Focuses on Trump's sexism and misogyny didn't give Clinton the win. The questioner had asked how Conway “rationalized” Trump “as a woman.” Conway, and many women, answered,

basically, screw you.

The problem for feminism — for the state of women under a Trump world order — is just how resolutely the appeal to women's interests failed to sway women's votes; just how readily sexism and misogyny is accepted by women as well as men. The election has offered an educational conundrum: How do you explain gender inequalities to people who refuse to believe they exist or — more worryingly — don't think they matter?

Some are appealing to Ivanka Trump, the top female surrogate for her father, in Instagram posts that begin “Dear Ivanka,” and continue with pleas to support women's reproductive rights, fight HIV/AIDS, improve access to child care and tackle climate change.

In the reporting so far into who Ivanka is and what she

believes, there's nothing to suggest she is substantially unlike her father. She appears just as policy-thin (her proposed child-care policy would do little for families most in need), corporate-driven (she's committed to running Trump's businesses despite a high-profile role in the transition team), and entitled (her memoir gives herself, and not her inherited wealth, all the credit).

Left-wing hopefuls seem to be reaching out to Ivanka — and not, say, her husband, Jared Kushner — purely in the misguided belief that her womanhood indicates a secret harbour of progressive views.

It's a conclusion as faulty as Clinton's faith in the woman card. And one that will do nothing to aid American feminism at the onset of a dark and demanding four years.

TENNESSEE

Wildfire death toll rises

Crews discovered the remains of three more people as they searched the rubble of wildfires that torched hundreds of homes and businesses near the Great Smoky Mountains, bringing the death toll to 10, officials said Thursday.

Authorities set up a hotline for people to report missing friends and relatives, and after following up on dozens of leads, they said many of those people had been accounted for. They did not say whether they believe anyone else is still missing or may have died.

“I think it's fair to say that the search is winding down,” Sevier County Mayor Larry Waters said.



A burned-out business in Gatlinburg, Tenn. GETTY IMAGES

He said the searches would likely be completed Friday.

Nearly 24 hours of rain on Wednesday helped dampen the wildfires, but fire officials struck a cautious tone, saying people

+ REACTION

Dolly Parton offers monthly money

Dolly Parton says The Dollywood Company and The Dollywood Foundation are establishing the My People Fund, which will provide \$1,000 monthly to Sevier County families who lost their homes.

shouldn't have a false sense of security because months of drought have left the ground bone-dry.

THE ASSOCIATED PRESS

MARYLAND

Beaver rampage

A beaver bandit was rounded up by police after making a dam fine mess of a holiday aisle at a Maryland dollar store.

The beaver waddled through the front door and made a beeline for an aisle that looked to be lined with delicious tree treats. Bad news, beaver: Those balsams are bogus. In what we can all hope was a display of displeasure, the beaver put its finely honed skills of destruction to work on the surrounding Yuletide merchandise.

ANDREW FIFIELD/METRO IN TORONTO

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Labour crisis looms in agricultural sector

FARMING

Robust migrant farm worker program needed: Study

With a growing demand for unskilled agricultural workers, a new study warns a large portion of Canadian farmland will lie fallow without a robust migrant farm worker program.

Labour shortages within the sector have already doubled over the past decade and are expected to double again by 2025, reaching 113,800 unfilled jobs, said the Conference Board of Canada study.

"A growing labour gap in agriculture is being driven by a combination of circumstances, including an aging workforce, large seasonal fluctuations in employment, the rural location of many operations, and negative perceptions about working



Migrant workers currently account for 12 per cent of Canada's agricultural workforce. TORSTAR NEWS SERVICE

in the sector," said the study, Sowing the Seeds of Growth.

"Simply paying Canadians more to work in the sector or buying more machines may not be possible and will not eliminate the sector's need for TFWs (temporary foreign workers)."

The report came on the eve of a soon-to-come announce-

ment by Ottawa to overhaul its temporary foreign workers program.

Currently, migrant workers account for 12 per cent of Canada's agricultural workforce, filling about three-quarters of the sector's labour gap, said the study. Twenty years ago, only five per cent of the farm

workers were brought in from other countries.

In 2015, the sector accounted for 58 per cent of the number of positive labour market impact assessments — a review by federal officials to ensure there's a labour shortage and the hiring of the migrant workers will not take jobs away from Canadians.

At the seasonal peak, the sector needs about 100,000 more workers than at seasonal lows.

Latest government data showed 177,704 migrant workers were issued work permits in 2014, including 45,281 agricultural workers and 41,002 lower-skilled workers, many of them on farm work.

Forty per cent of the farm operators in the Conference Board survey cited the physicality of work as a labour retention challenge. In 2015, farm workers put in an average of 44.8 hours per week, compared with an average of 35.9 hours for all sectors.

TORSTAR NEWS SERVICE

STREAMING SERVICES

Here's how Netflix downloading works



Andrew Fifield
Metro | Toronto

It's been on the wish lists of subscribers for a very long time, and this week Netflix finally announced users will be able to download programs for offline viewing. So to all the straphangers, frequent flyers and sufferers of wandering wi-fi, here's everything you need to know to get started.

Can I download anything for future viewing?

We're afraid not. At least for now, only Netflix-owned shows like *The Crown* and *The Unbreakable Kimmy Schmidt* can be saved for offline viewing.

What devices can I download to?

If you want to take your Netflix shows on the go, you're going to need the iOS or Android app. Your device will need to be running at least iOS 8.0 or Android 4.4.2 to be compatible with the app.

I notice "laptop" missing from that answer.

Correct! Only the mobile app can download programs for future viewing. You also won't be able to move downloaded files over to your computer.

How much data does downloading guzzle?

Downloading a program requires the same data needed for streaming it, so it's best to load up at home on your personal network.

How much storage space will I need?

An average hour-long episode in standard definition clocks in at around 280MB. SD is the default download setting, but if you crave that high-definition action, you'll need roughly twice that.

Will my downloads expire?

This one is kind of all over the place because each program has a different shelf life. If a saved episode expires in less than seven days, your app's My Downloads section will show you a countdown. Other programs will have to be completed within 48 hours of the first time you press play.

MORE ON THE METRO APP

IN BRIEF

Few bargains in television pick-and-pay offerings

Television providers now have to provide pick-and-pay pricing for all individual channels, as mandated by the Canadian Radio-television and Telecommunications Commission (CRTC). But with a price range of \$4 to \$7 to buy each channel à

la carte, it's similar to the launch of \$25 skinny basic bundles in March: it will be difficult for most to find a bargain. Consumers still need to subscribe to the basic \$25 bundle, and have to have a digital cable box, which often comes with a rental fee, before buying specific channels.

TORSTAR NEWS SERVICE

LOYALTY POINTS

Air Miles cancels rewards expiry policy

Following an uproar from consumers, the company that runs the Air Miles loyalty points program says it is cancelling plans that would have seen collectors lose any miles not used within five years.

But the change of heart swiftly angered some who had scrambled to redeem their miles before the expiration policy was to take effect Dec. 31.

LoyaltyOne announced Thursday it was walking away from the policy, effective

immediately, citing an uncertain legislative environment throughout the country.

"There is uncertainty with provincial governments proposing or considering legislation across Canada, so we have decided to cancel the expiry policy so that all collectors, regardless of location, can be confident that their balances will be protected," LoyaltyOne CEO Bryan Pearson said in a statement.

"Our commitment is to create an environment where re-

ward programs continue to deliver value to consumers and the companies that operate them."

In Ontario, there was a private member's bill before the provincial legislature that sought to make it illegal for companies to allow points to expire strictly due to the passage of time.


LoyaltyOne said it believes cancelling the expiration policy will lead to governments and industry members having more meaningful conversations that

can help such loyalty programs remain viable across Canada.

Some Air Miles collectors welcomed the news that they wouldn't be losing their rewards. Others, however, quickly expressed disappointment, saying they wouldn't have claimed their miles if they had known Air Miles was going to pull an about-face.

The Air Miles reward program launched in 1992 and has more than 11 million active collector accounts.

THE CANADIAN PRESS



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71	72	73	74	75	76	77	78	79	80
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metr SCIENCE

Your essential daily news

Move over Great White: Canadian researchers discover that plentiful, microscopic diplomonads are crucial predators in the ocean ecosystem

DECODED by Genna Buck and Andrés Plana

WILL YOU LIVE TO 117? IT'S COMPLICATED

Everyone, at some point, was the youngest person on Earth. But only a tiny group get to be counted among the oldest — like Emma Morano, 117, of Italy, who was just crowned the longest-lived person on the planet. Supercentenarians like her (who live to 110+) are a bit of a medical mystery. **What gives the super-old their super-longevity? We don't know, but they do share a few common characteristics.**



Emma Morano, 117, says being single since 1938 kept her young

HOW THEY DO IT

- Genes**
Super-long life runs in families, but genetic sequencing has not shown exactly the genes involved. Half of people who live to 100 also have at least one parent, sibling or child who does.
- Independence**
As a rule, the later you get your first chronic illness or disability, the longer you live. Studies show very few supercentenarians get diabetes, heart disease, or cancer before their 90s. Most are independent at 95 and aren't frail until 105.
- Biochemistry**
People in their 100s have lower levels of proteins that indicate inflammation in their blood than peers in their 80s and 90s.
- Staying sharp**
Evidence is mixed, but it suggests dementia sets in later among those 110+. One small study of seniors 115 and up found six out of the seven subjects were able to carry out a meaningful conversation a few weeks before their death.
- Personality**
They've seen it all: Supercentenarians are better than average at dealing with stress, tend to be extroverts and have a sunny outlook on life.

A WORD FROM OTHER CONTENDERS
What is their formula?



Violet Brown, 116 (1900-)
Jamaica
Being self-reliant, reading the Bible



Jeanne Calment, 122 (1875-1997)
France
Chocolate, olive oil, being relaxed



Misao Okawa, 117 (1898-2015)
Japan
Sushi, lots of sleep



Marie-Louise Meilleur, 117 (1880-1998)
Canada
Wine, hard work

FINDINGS Your week in science



THAT'S FRESH
Swiss researchers have found three new ways to preserve vaccine fluid at room temperature, making it easier to ship shots around the world: Add nanoparticles, an FDA-approved polymer, or (no kidding!) a solution made of table sugar.

SIRI TAKE NOTE
Do you have an opposite-sex friend or partner who's vexed by a voice that sounds perfectly pleasant to you? One Canadian researcher has found men and women judge the attractiveness of speaking voices differently. Women found longer 's' sounds attractive but men did not.

SOUND SMART



DEFINITION
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PHILOSOPHER CAT by Jason Logan

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CITIZEN SCIENTIST by Genna Buck

Overlook the obvious, miss a lot of science

If gravity has a downward force, why does the flame coming out of my lighter point upwards, even when I flip it upside-down? — Geoff

Reading your questions (keep 'em coming!) is a two-step process in my head.

1) Pssh! I can answer this in my sleep! Fire is a chemical reaction called oxidation, which releases the chemical energy stored in fuel (your lighter fluid) as heat. Heat rises. Hence fire rises. BOOM.

2) Wait, what does that mean? What are flames, exactly? Heat is invisible. Fire must be made of something. When you generate a spark hot enough to burn lighter fluid (a.k.a. butane), the chemicals it's made of start to break down. They react with the oxygen in the air and produce water and carbon dioxide (maybe a bit of other stuff, depending on additives). When molecules are heated past a certain point, they start to glow: emit energy in the

form of visible light as well as heat. The hot gases released by the burning of butane are hot enough to glow. In science terms, they're **incandescent**. That's the flame you see. It also heats the surrounding air, making it expand and become less dense. And, you're right, Geoff: The downward pull of gravity is at work here. It draws colder, denser air from the room down to the base of the flame. This displaces the hot air, which rises. The upward flow of hot

air makes the flame move upwards, regardless of the direction the lighter is pointing. I'm sure I was taught this at some point, but let's just say it wasn't burned into my brain. When I research your questions, I invariably find I know less than I think I do. Being science-minded means embracing your inner six-year-old and asking: But why? But why? But why, why, why?

Science Question?
Tweet @genna_buck



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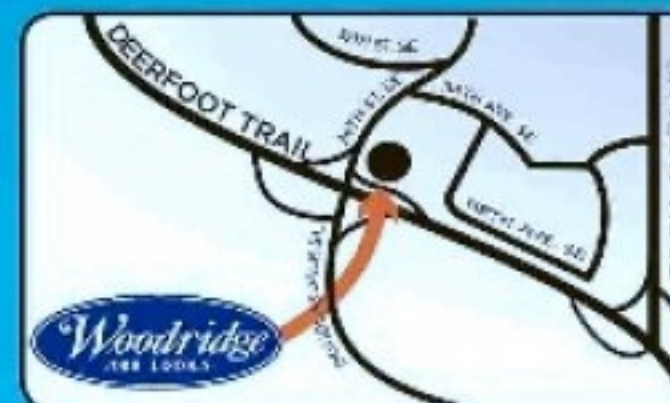


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metro WEEKEND

Your essential daily news

MOVIES MUSIC TELEVISION DIGITAL

THE APOLOGY

Filmmaker shares stories of kidnapped war victims

Steve Gow
For Metro Canada



It's difficult to imagine, but even 70 years after the end of the Second World War, there are still women fighting for a simple acknowledgement of the torture and abuse they endured during the hostility.

In the new documentary *The Apology*, Toronto filmmaker Tiffany Hsuing meets three grandmothers who uncover their experiences as "comfort women" — the so-called name for 200,000 girls who were kidnapped and forced into sexual slavery by the Imperial Japanese Army — an atrocity that is barely recognized by the Japanese government to this day.

"Silence is a cycle. It gets passed down from generation to generation," explained Hsuing about the stigma that oppressed comfort women for decades until South Korean organizations began prodding Japanese officials in the 1980s.

"This happened well before the grandmothers — this was a choice that it was better to stay quiet; to hold on to this yourself than to ever speak about it," said Hsuing. "We should feel that we live in a society where this is okay to share and to talk about."

Although focused on the stories of three former comfort women, Hsuing hopes her seven-year production also resonates for younger audiences. To accomplish that feat, she at-



Grandma Adela makes a difficult phone call to her son Eric in *The Apology*. The documentary focuses on the stories of three former "comfort women" who were kidnapped and forced into sexual slavery by the Imperial Japanese Army. CONTRIBUTED



“

"There was this sense of urgency from the moment we started that this story needs to be told."

Filmmaker Tiffany Hsuing

ating that shame and perpetuating that silence, so yes, this film aims to encourage and empower the younger generation to speak out of their own experience," said Hsuing. "But also to encourage our society — how do we support survivors, people who have gone through sexual violence, and create a space where they don't feel shame?"

'Silence is a cycle' for sexual slavery victims

tempted to play down historical documentation in lieu of the grandmothers' contemporary quest for formal recognition and acceptance of the tragedy. "Sexual slavery is still go-

ing on in countries where war is happening but human trafficking (is) happening right in our own backyard here in Canada," said Hsuing of the film's relevance. "Sexual violence is

here amongst us and survivors are still trying to come out with their stories."

Hsuing references the recent Jian Ghomeshi case or Bill Cosby's sexual assault suit to exem-

plify the pressure for survivors to stay silent. Indeed, *The Apology* may target a black mark from the 1940s, but its message is clearly prescient today. "We play a role in perpetu-

FOOTAGE

The biggest challenge

"We had over 400 hours of footage to work with and it got cut down to an hour and 45 minutes," said Hsuing, who shot the movie over seven years. "It was definitely hard to select and piece the moments dating back that were best going to tell the story."

STEVE GOW/METRO

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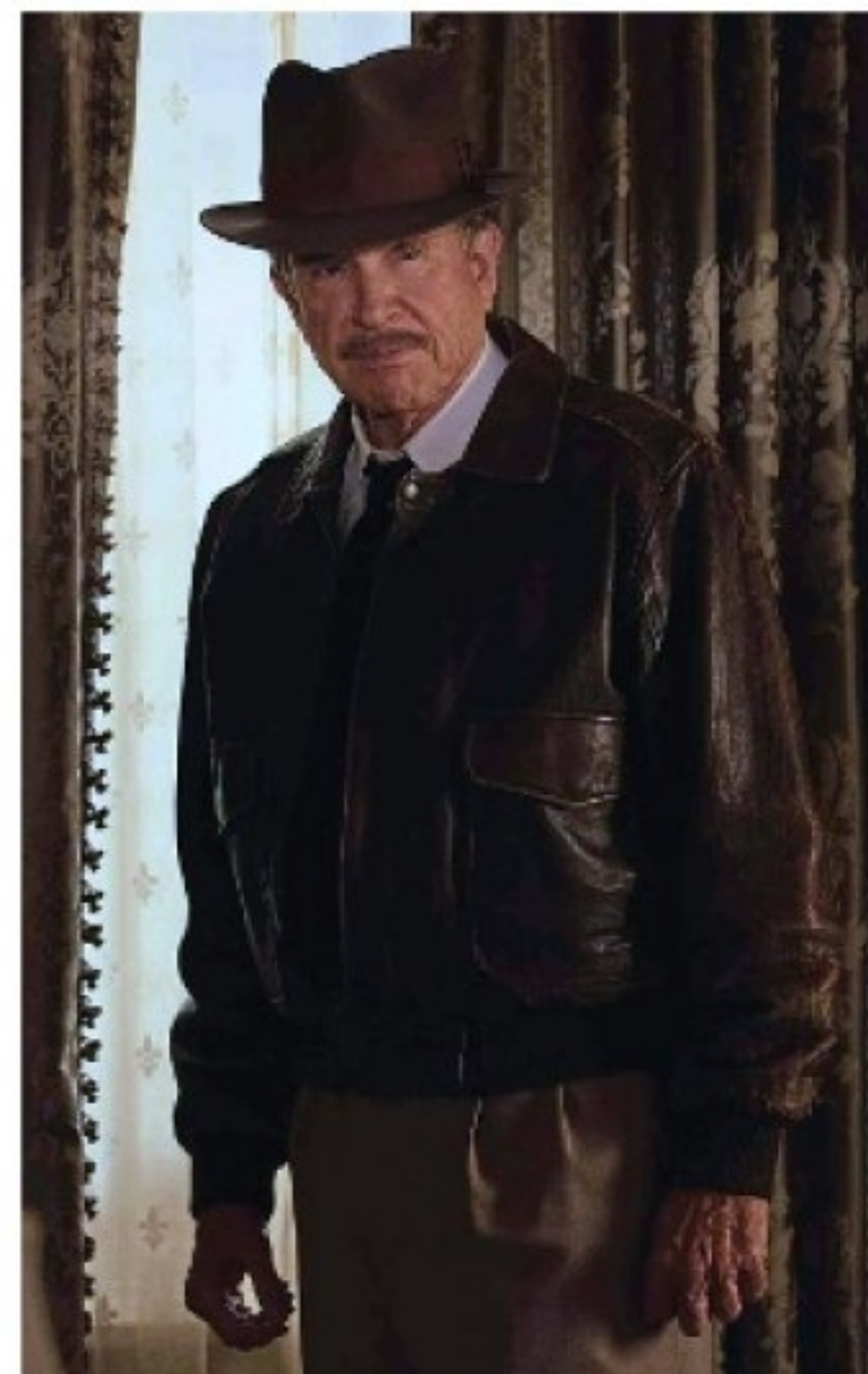
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Warren Beatty on why he picked his latest muse



Hollywood legend Warren Beatty plays billionaire Howard Hughes in *Rules Don't Apply*, a film he directed. He says casting Lily Collins in one of the leading roles came from his gut instinct, as opposed to formal auditions. CONTRIBUTED

INTERVIEW

Wannabe star relatable role for lead actress Lily Collins

Richard
Crouse
For Metro Canada



To hear Hollywood legend Warren Beatty tell it, casting Lily Collins as the lead of his latest film happened in a blink.

The movie is *Rules Don't Apply*, a nostalgic look at an aspiring actress, her limo driver boyfriend and Howard Hughes, the eccentric billionaire they both work for. There were no formal auditions for the film, just Beatty's gut instinct and "the blink."

"I believe very much in what I call 'the blink,'" says Beatty. "That is the superiority of the unconscious knowledge as compared to conscious knowledge. The knowledge that when we sit and we real-

ly give it some thought, the thought we feel it is due. That thought can be misleading when we could have trusted our initial instinct, the blink. I think the unconscious has a lot more intelligence in it than the conscious."

"It was a blink with Lily. I can only say I loved the way she looked. I loved the way she sounded. I loved the way she talked. There was an integrity about her I felt I could believe in this circumstance and at the same time she looked like someone to me who Hollywood would want to exploit."

Collins plays Marla Mabrey, wannabe movie star and "devout Baptist beauty queen from Virginia." On the surface the 27-year-old doesn't have a great deal in common with her on-screen character, but the actress says she understood Marla immediately.

"I could relate to it," she says. "Starting out acting in Hollywood, very wide eyed, innocent, naive. Wanting to please everyone. Having my mom there with me. Marla was very adamant and passionate, determined and steadfast. All these things I think I was when I started."

The actress, who has three movies lined up for next year including *Okja* with Jake Gyllenhaal and *To the Bone* with Keanu Reeves, calls working with Beatty a master class in acting. She even kept a journal on set. "I have all these tidbits of information. Things I witnessed that I can now draw on. I would have been a fool not to."

In particular Beatty taught the star how to think differently about breaking down a script.

"Whenever we would do a scene he kept saying, 'What

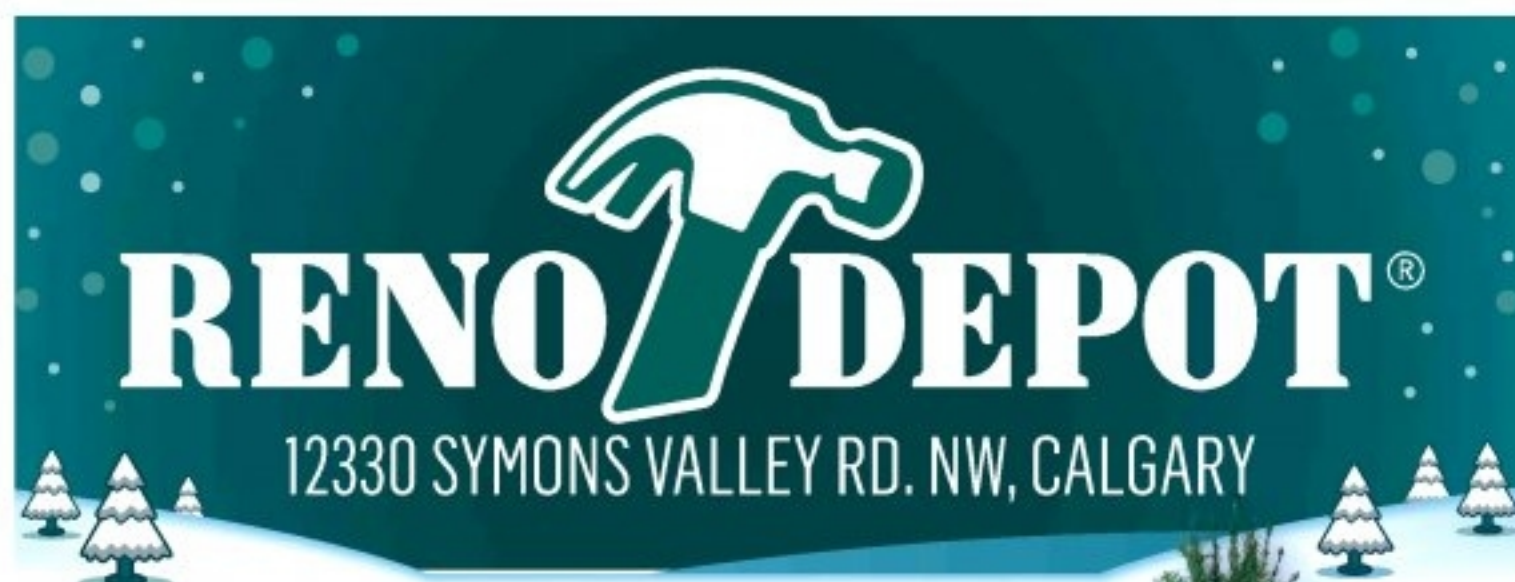
are you doing? What is your action? What is your intention?' At the beginning I read the script as someone who had never broken it down in the way he had, and I'd be like, 'Right now she's really emotional. She's sad. She misses her mom.' He'd say, 'Show me what that looks like.' I can't because that is an adjective. 'OK, put it into words. Put it into a verb.' As soon as I started breaking down a scene based on verbs, it didn't matter if I cried when it said 'Marla cries,' because as long as my intention was the same as what her intention was, whatever naturally occurred, occurred. Nothing was fake. Nothing was put on. I think audiences are smart, they can tell. If something seems fake or put on they will not associate with it."

"I soaked in everything," she says. "Even when I was tired, I subconsciously soaked in everything because I thought, 'It's a joy and an honour to be in this situation.' He could have just picked someone else so I need to take in everything I can."

She looked like someone to me who Hollywood would want to exploit.

Warren Beatty on actress Lily Collins





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Metallica is still going strong

INTERVIEW

Riding high with No. 1 album spot, top reviews

Ben Rayner
Torstar News Service

"It's a good time to be in Metallica." So declares drummer Lars Ulrich on the afternoon after the venerable California metal quartet's rather boffo small-venue gig in Toronto Tuesday night, and he's right.

Metallica is on an upswing at the moment, having just logged a No. 1 debut on both sides of the border, a swift platinum sales award in Canada and the best reviews for a new Metallica record since 1991 with its 10th album, *Hardwired ... To Self-Destruct*.

It really is the band's best in a couple of decades, so we decided to speak to Ulrich about what's suddenly gone right again for Metallica. The following is a condensed version of our conversation.

I sense there's some renewed energy in the band. Maybe a little time off was good for you.

I've been doing all these interviews for the last six weeks and it's always, "So, where've you been for the last eight years?" Well, we spent three years on the road, we made a record with Lou Reed, we made a movie for two years and curated our own festivals. There's always something go-

ing on. The last time Metallica was in full shutdown mode was actually about 11 years ago.

But what works for us now is to kind of mix things up a lot and do different things and by the time we come back to writing songs and making records again, it's with a new-found energy and a new-found appreciation for it and all the nastiness from back in the day there with *Some Kind of Monster* and stuff, most of that has dissipated.

It probably felt good to get that out there.

Yeah, well, we had to because we were on the brink of self-destruction. Now we have good relationships and everything's in place and everybody gets along.

And it's not like you've worn out your welcome by overburdening the marketplace, as it were, over all these years.

That's an understatement. You've gotta remember that we're completely autonomous. There's no record company that we have to pay back money that we owe or saying "You've gotta get this out there! You've gotta get the Metallica line of toasters out there!" or any of that sh-.

I'd buy a Metallica toaster.

They actually do exist. I made some as a joke a few years ago for a few contest winners. But we've figured out that there's no rush. Things take their time and the best investment that we can make in Metal-

lica is in our sanity. In the last 10 years, we've had a rhythm of how we work that works well for us in terms of getting the work done and also keeping the members of Metallica healthy, mentally healthy, sane — or somewhat sane, as sane as you can be in Metallica — and prioritizing our families and our kids and our domestic responsibilities. So we have a pretty good balance now and it seems to work well both internally and externally.

Did the 20-year-old Lars ever think he'd still be doing this 35 years later?

We've had a great run, and hopefully there's still a bit left in the tank. Occasionally I sit there and go "Wow," but I'm very proud of the way it worked out. I think ultimately every night I can put my head on the pillow and go: "We did the right things. We made the right choices." We always made the right choices based on the energy and the mood of the moment. You can sit there 20 years later and go "Gee, that white leather jacket looks a bit ridiculous in 2016," but at that moment that was what I wanted to wear so I'm at peace with that.

You guys must be pleased at the response. People really like this record.

It's f—in' insane. I'm getting all kinds of texts that are more than the obligatory "The new record sounds great." They're like "The record's really great!" — almost a little surprised — and it's cool. I'd rather have people like it than not like it.



Lars Ulrich of Metallica played a fundraiser show with the band this week in Toronto, upswing after the release of their album *Hardwired ... To Self-Destruct*. THE CANADIAN PRESS

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29 YEARS

Learning the chaotic history of The Stooges

BIOGRAPHY

Frontman Iggy Pop astounds writer with rich memory

Gilles LeBlanc
For Metro Canada

What began innocently as Iggy Pop reminiscing over items from his past with memorabilia collector Jeff Gold turned into the definitive oral history about one of the most influential rock bands ever.

Total Chaos: The Story of The Stooges/As Told by Iggy Pop, out this week via Third Man Books revisits in explicit, expletive detail how these Michigan misfits were unappreciated, commercial failures during their initial run from 1967-1974. Their legend as punk pioneers, however, grew exponentially in the three decades that followed.

The Stooges reunited in 2003 at the Coachella Music Festival, were inducted into the Rock and Roll Hall of Fame, and continued to experience an unexpected renaissance that has dovetailed into Iggy Pop enjoying his most successful year to date.

"We were completely unprepared for how much (Iggy) remembered," Gold said prior

to a book launch event with Pop in New York City. The habitually shirtless vocalist has had a long-standing reputation for drug use.

"I was astounded at the breadth of his recall," which put the collector-turned-author at times in a "bizarre situation of having to cut him off periodically. You knew this wasn't a guy making it up, that he actually did remember all of this."

Gold modestly sees himself not so much as a writer, but more of a wrangler. "I had this incredible interview, I had these incredible pictures. (Total Chaos) went from being interesting to being important history. I felt like I had an obligation to history to get this right." Well yeehaw to that!

As for Third Man Books, the imprint offshoot of Motor City-raised rocker Jack White, Gold said he already had a publisher for what would eventually come to be Total Chaos, but "was just absolutely blown away at how (Third Man) have reinvented the record business" with everything they've got going on in Nashville and now Detroit's Cass Corridor. "It was just so natural" for them to be home to his Stooges book. Limited Editions from Third Man will not only have Iggy's John Hancock, but also a 7" vinyl record of him singing over I'm a Man, a song by his first band The Prime Movers. Way, way cool.

"People who are interested in Iggy and the Stooges, I think it's a natural," says the biographer who's become a friend of the frontman.

He solicited the opinions of several A-list rockstars about the effect this uncharacteristic band has had on them.

A definite highlight of Total Chaos is the amazing story Dave Grohl relates about how his life was profoundly changed by Pop in 1990; the Iggyster plucked him from pre-Nirvana obscurity to perform before a room of record executives at Toronto's Bovine Sex Club of all places.



Total Chaos: The Story of The Stooges is available on Amazon or Thrdmanbooks.com. COURTESY THIRD MAN BOOKS

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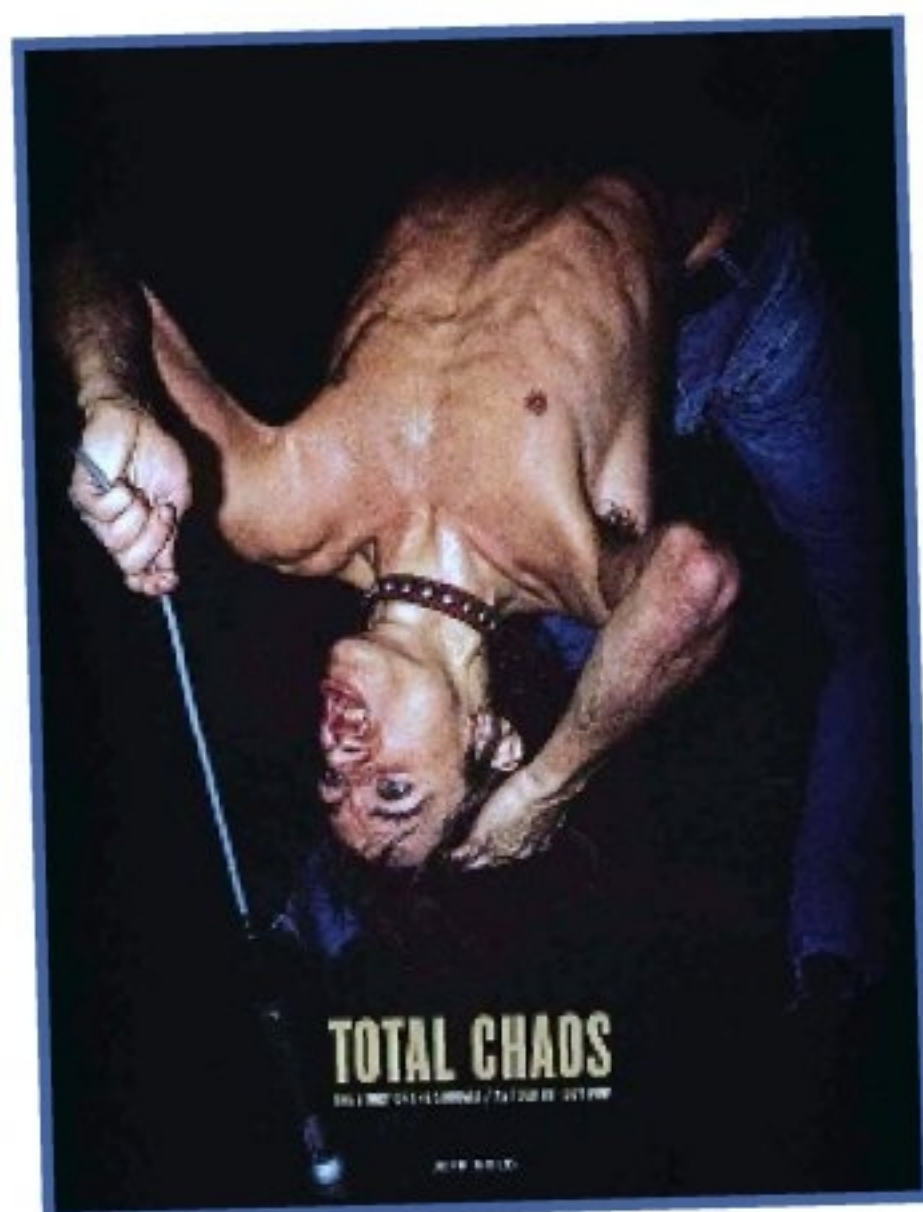


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JOHN LEGEND

Moved to tears by song about daughter

John Legend's favourite track off his new album, *Darkness and Light*, was written for a very special lady: His seven-month-old daughter, Luna.

"When I played it for her and Chrissy for the first time, I just started crying because it felt so real to me and felt so appropriate for how I feel as a new father," Legend said of the melancholy ballad titled *Right by You* (For Luna).

The Grammy-winning singer welcomed his first child with wife Chrissy Teigen in April.

In *Right by You* Legend ponders the kind of person his daughter will become.

"New parents have questions more than they have answers and that's what we wanted the song to reflect," Legend, 37, said.

"You know, will you live like me? Will you look like me? Will you have your mother's fire? Will you think like me?"

The Hollywood couple's passionate love story permeates Legend's fifth studio album, out Friday. It's his first album in three years, following the massive success of the No. 1 hit, *All of Me*, and Oscar and Grammy wins for *Glory* from the film *Selma*.

"The theme of *Darkness and Light* is — it's that idea that there is trouble in the world, there is darkness, there is uncertainty, but we have light. We have love in our lives that we can hold on to," he said.

He also hopes his passion for social justice translates to one fan in particular — his daughter.

THE ASSOCIATED PRESS



John Legend's song called *Right by You* was written for his seven-month-old daughter. THE ASSOCIATED PRESS



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Prince Harry watches as Rihanna gets her blood sample taken for a live HIV test in order to promote widespread testing on World AIDS Day, Dec. 1. The Prince also took a test during the visit to Barbados, marking the nation's independence. GETTY IMAGES

When Harry met RiRi

CELEBRITY

The Prince joins Rihanna in her beloved Barbados

Prince Harry joined Rihanna in celebrating 50 years of independence for her native Barbados.

The prince, visiting the sixth of seven nations on a two-week Caribbean tour, and the singer

shared the stage Wednesday night with the prime minister during a concert and dance performance marking the date the island broke away from Britain.

Harry read a message from the Queen congratulating Barbados and saying that the island should be "rightfully proud" of a vibrant culture and natural beauty. He spoke before a crowd of about 20,000 people at the Kensington Oval cricket ground.

He also encouraged residents to work together to confront

challenges such as climate change and the effects of technology on the job market.

"The solutions to these challenges will not come from anyone else. The answers must come from you," he said. "Good things happen to good people. Believe you can make change, and if you lead by example, others will follow."

Earlier, Rihanna and Harry met at the airport, and then marked World AIDS Day by visiting an HIV clinic in Bridgetown and being tested for the

disease. The prince took a public HIV test this summer as part of a campaign to raise public awareness.

"I want to say to everyone who hasn't been tested: Get tested, regardless of who you are, your background, culture or religion," he said while visiting the clinic in the capital of Barbados.

Harry is on a two-week tour of the Caribbean that is also a celebration of the 90th birthday of his grandmother the queen. THE ASSOCIATED PRESS

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Delayed gratification in EDM scene

MUSIC

Daft Science remix goes viral two years after release

With an ingenious remix combining the Beastie Boys' raps and Daft Punk's meticulous beats, Toronto producer Coins

recently experienced all the hallmarks of sudden around-the-world viral renown: a phone overflowing with social-media mentions, an influx of collaboration requests and millions of new listeners.

The difference? This overnight success took two and a half years.

It was March 2014 when the DJ otherwise known as Peter Chapman amused himself on

a layover en route to South by Southwest by playing around with some Beastie Boys a capellas and Daft Punk samples. It started as a time-killing lark, but he found the mix was working surprisingly well.

When he got back to Toronto, Chapman spent the next month working with an obsessive diligence that might impress the real chrome-helmeted duo, pouring 40 hours a week

into a project that was more intricately stitched remix than simple mashup.

Finally, he issued Daft Science online in July 2014. He was met by the overwhelming sound of silence.

"Nothing happened," recalled Chapman, 36. "It felt like a thing I ended up making for my friends. I just forgot about it."

Until last week, that is, when

a poster on Daft Punk's Reddit made the discovery; soon, Beastie Boys sites were similarly buzzing as fans rushed to check it out. That chatter inspired a post on the EDM site Dancing Astronaut and that's when the momentum really built.

"I was lying in bed, there was a Facebook notification on my phone," he remembered. "At first I thought I was tagged because someone else was doing the same thing, like 'Hey, Pete, someone jacked your idea.' I looked closer at the link and I was like: 'What the hell? This is my record.' I nudged my girlfriend awake and said, 'Hey, somebody's talking about the Daft Science record.'"

"She grumbled and rolled over."

Well, pretty soon the buzz was impossible to ignore. Time magazine called the eight-track album "very excellent," AVClub deemed it "white-hot" and Esquire was particularly effusive, writing that the "incredible" project "sounds exactly like what The Weeknd is attempting with his new album or what Kanye wanted on Yeezus." Even People magazine weighed in, concluding that it was "uncanny how well it works."

Over its first two-plus years, the album had accumulated around 400 downloads. After going viral, Daft Science racked up 1.4 million streams in a week.

Eventually, Chapman conceded, he started to freak out.

"I kind of had a panic attack at that point," said Chapman, who composes music for video games (Guacamelee! and LittleBigPlanet Karting) and TV shows (Bomb Girls, Durham County). "I had to turn off my notifications because my phone was going crazy."

It's easy to understand the fascination with the album, given that Daft Punk has released only one record in the last decade and the Beastie Boys are retired.

There's also the fact that the album is a bona fide banger, with the Beasties' mostly Hello Nasty-era raps proving a perfect complement to the gnarled grooves Chapman forged from Daft Punk's early records.

Unlike blogged-about mashups that reach viral ubiquity on the strength of novelty alone, Daft Science thrills because of how natural the union feels and how creatively Chapman repurposes finely chopped Daft Punk beats. **TORSTAR NEWS SERVICE**

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Peter Chapman who goes by "Coins" has suddenly found success with his 2-year-old mashup of Daft Punk and the Beastie Boys called Daft Science. CARLOS OSORIO/TORSTAR NEWS SERVICE

Thriller a glimpse at dystopian future

TV

Sci-fi series delves into hologram sex and violence

The year is 2074, climate change has ravaged the planet and multinational corporations control 90 per cent of the globe.

This is the sunny scenario playing out in Toronto, although you might not immediately realize that Showcase's new futuristic thriller *Incorporated* was filmed here. The series, which premieres Wednesday at 10 p.m., opens with a shot of a man in an elevator, whimpering under a black bag covering his head and flanked by two armed guards.

It's pretty tense, this latest offering from famous best friends-turned-co-producers Ben Affleck and Matt Damon.

It stars Sean Teale as a man named Ben (who is also sometimes called Aaron), living a double life to find a woman he loves from the inside of a corporate hellscape.

Oh, and Teale's character is the reason his colleague is crying in the bag.

"It was a stressful six months," Teale tells the Star via email. "Aaron/Ben is constantly in incredibly compromising situations (and) having to think on his feet under duress. . . He's a man stuck between a rock and a hard place in a world far more unforgiving than ours."

This futuristic Toronto is ghettoized geographically by stratum into green and red zones, with self-driving cars, malware sabotage and news reports broadcasting that Canada, of all places, is building a wall to keep out Americans,



Incorporated is a new sci-fi thriller on Showcase that premiered Wednesday. CONTRIBUTED

since 12 million U.S. citizens are already living here illegally.

It's a world where food porn is conspicuously worked into the narrative, where human dogfights and hologram sex workers animate the red zone neighbourhoods by night.

If you like blood, vomit and violence, this first episode should be enough to draw you in. And so might Teale's character — a hacker on the inside — although it's not immediately clear who he is fighting for, or why.

But since this press hack was only given a pilot episode to watch, we'll have to take Teale's word for it that "ultimately (Ben's) quest is noble."

Due to the nature of his environment, he's forced to make calls he didn't think he'd have to, says Teale, and "eventually he starts to question if the ends justifies the means."

Poverty and suffering are powerful motivators, the audience learns from episode one. But the "speculative fiction" of these sci-fi circumstances isn't

meant to be read as an allegory.

It's meant to be entertaining first and foremost, says Teale, though he will admit to noticing "a lot of freaky coincidences" between this fiction and reality.

"We filmed the pilot months before statements (about building a wall) were made and found it astonishing," he says. "I kept coming across so many things our show predicted during the shooting, from global issues to the technology, so huge credit to the creators and writers."

Apparently the plotline only gets more intense as the story amps up, but Teale is light on any revelatory details, simply promising "some big twists and turns."

"As the facade begins to slip, those around him and the audience will start to see more," he promises. Whether Aaron/Ben can last or not remains to be seen.

"But I can assure you," says Teale, "if the road behind was troublesome, the road ahead is harsher!"

TORSTAR NEWS SERVICE

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Tatiana Maslany and Tom Cullen in *The Other Half*. COURTESY MONGREL MEDIA.

IN FOCUS

Spend your cash on worthwhile films instead of sequels

Richard Crouse
For Metro Canada



This weekend, for the first time all year, none of the new films on release have a number or a colon in the title.

That means no sequels, prequels or reboots cluttering up screens. Hollywood hasn't suddenly decided to change their tactic of squeezing every dime out of every tried-and-true concept in their back catalogue.

Nope, it's because after American Thanksgiving, one of the biggest movie times of the year, the studios figure everyone ate too much turkey to bother going to the movies this week.

That means we have smaller, not-ever-likely-to-be-sequelized movies like *Lovesick*, *Antibirth* and *The Other Half* on offer.

All, depending on your taste, are worth your dollar and each ticket bought sends a message that moviegoers won't be content with constant rehashes of stories we already know.

Recently a tentative deal to make *Bad Boys 3* and *4* was announced. While the prospect of a third and fourth movie in that decades old series is about as welcome as a plantar wart, we did this to ourselves by sup-

porting endlessly repackaged stories and ideas.

Hollywood wouldn't spend the time or effort to make photocopy quality sequels if we didn't line up to see them, so why not use your buying power to demand better movies? Read these easy-to-follow rules for sequel avoidance:

1. Generally speaking, shun movies with numbers in the titles. This sounds straightforward, but movies like *One Flew Over the Cuckoo's Nest*, *Three Days of the Condor*, *8½*, and *The Seven Samurai* muddy the waters.

By all means go see or stream those, but when choosing a movie beware of titles containing colons (*Lawnmower Man 2: Beyond Cyberspace*), the word "part" (*Friday the 13th Part 3: 3D*), unless of course it's *The Godfather Part II*, a subtitle like "This Time It's Personal" (*Sister Act: Back in the Habit*), roman numerals (*Superman IV: The Quest For Peace*) or any combination of the above (*Friday the 13th Part VIII: Jason Takes Manhattan*).

Other trouble spots include titles

containing the words "Beginning" (*Psycho IV: The Beginning*), "Bride" (*Bride of Chucky*), "Return" (*Return to the Blue Lagoon*), "Vs." (*Gamera vs. Jiger*), "Boogaloo" (*Breakin' 2: Electric Boogaloo*) or "Revenge" (*Jaws: The Revenge*).

2. Worse than numbered sequels are movies which substitute a homophonous word for the number (*Look Who's Talking Too*, *Teen Wolf Too*).

3. Avoid movies that recycle ideas while simply changing the tense of the movie title. Examples? What was funny in *Analyze This* became less so in *Analyze That* and there is a reason *I Still Know What You Did Last Summer* sits at a 7 per cent approval rating on Rotten Tomatoes.

4. And finally, as a matter of principle, steer clear of any movie in which Ben Stiller plays supermodel Derek Zoolander.

Of course I'm joking — except about Zoolander. Any movie that subtitles itself with "No. 2" is really asking for it.

Go see whatever you want, but keep in mind when supporting bad movies the joke is on us. It feeds the notion that audiences are as creatively bankrupt as the studios. Not so.

If you are given a steady diet of dog food, pretty soon you get a taste for Alpo, but if occasionally you have something better, soon enough you'll crave foie gras. Sequels are the dog food of the movie industry. Don't let them force feed you.

MOVIE RATINGS by Richard Crouse

The Other Half ★★★★★
Lovesick ★★★
Antibirth ★★

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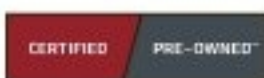
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5 THINGS TO DO IN TREMBLANT (BESIDES SKIING)

Along with premiere views and food, Mont-Tremblant offers you a variety of outdoor adventures, and ways to kick-back. From relaxing in a beer garden to hitting the water circuits, it's a natural paradise in any season. Here are five things to do: **LAUREN MILLER/FOR TORSTAR NEWS SERVICE**



1 Ride the luge

You can experience the rush that comes from hurtling down the side of a mountain at top speed, even when there's no snow, if you ride the Skyline Luge at Mont-Tremblant. While the ride may seem geared to kids, no one can resist cracking a smile while navigating the twisting course in a luge cart. Helmets, carts and patient and informative staff are on hand.



2 Enjoy a local brew

Head to the outdoor patio at the Microbrasserie La Diable at Mont-Tremblant, where you can admire the view of the old Tremblant village. This casual, timber-roofed brewery has hints of German inspiration in its décor, and it serves 100 per cent natural craft beer. It's also the first microbrewery ever opened in the Laurentians.



3 Hit the village shops

Take some time to enjoy the charm of the village and peruse some of the many quaint shops that line the cobble streets. You'll find big-box favourites, such as Burton and David's Tea, as well as small galleries full of local art and handmade gifts. You should also probably treat yourself to an authentic Beaver-Tails pastry.



4 Detoxify

Head to the Scandinave Spa, where you'll be able to detoxify and relax in a circuit of outdoor saltwater hot tubs, eucalyptus steam rooms and hammocks strung between evergreens. Combine the circuits with a Swedish massage for even more calming bliss. It's a busy spot, so book your visit ahead of time.



5 Cruise Lac Tremblant

Enjoy the views of the mountain from below and above, with a boat rental. You can sail around the 12-kilometre long lake on a pontoon, tin or inflatable boat, and take in the incredible views of the surrounding rolling hills and gorgeous cottages. The lake is also home to a number of small islands.



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Meeting the elephants of Thailand

SOUTHEAST ASIA

Bigger-picture initiatives protect animals

Renée Suen
For Torstar News Service

Before she turned four, YinLuck had already been begging on the streets of Southern Thailand. Like other elephants, she might have gone on to work at a circus had she not been rescued by the Golden Triangle Asian Elephant Foundation.

Elephant husbandry in Southeast Asia is a contentious topic. Asian elephants play a part in ceremonial and religious traditions, and mahout (caretaker) culture demands certain families own elephants.

Due to a decline in trade, elephants and their mahouts are now competing for fewer jobs, often for longer hours, and at lower pay. Since the large vegetarians are expensive to keep, mahouts are forced to find alternative employment.



Elephants YinLuck and Kumpun feast on the jungle foliage at the Golden Triangle Elephant Camp's expansive 160-acre grounds. Elephants require about 250 kilograms of food a day.

RENÉE SUEN/TORSTAR NEWS SERVICE

In the city, elephants face a life of inadequate nutrition, poor health from pollution, and the threat of being hit by cars. In illegal logging camps, elephants are overworked and underfed.

A recent surge in ecotourism may be the best opportunity for the majority of Thailand's 4,000 captive elephants and the com-

munities whose livelihoods are dependent on them. But concern over trekking conditions (overworked, improperly carrying unsafe loads), and frequent reports of abuse and the illegal capture of young elephants from wild herds to supply the tourism or entertainment industries, is unsettling.

John Roberts, director of elephants at Anantara Golden Triangle Elephant Camp & Resort and founder of the Golden Triangle Asian Elephant Foundation, says education is the best way to aid species conservation. "You can't stop over 4,000 years of tradition when the biggest asset that feeds these families

is their elephant. So try to help through the tourism perspective, while giving mahouts the tools and opportunity to treat their elephants well."

Via the foundation's forward-thinking initiatives, the mahout community can sustain its needs and preserve its culture. Funded by luxury hotel chain Anantara, parent company Minor International, Four Seasons Tented Camp Golden Triangle, and guest donations, a camp has been set up like a village, with elephant stables and lodgings. The families receive health care, schooling, and support for wives' silk-making enterprise. Mahouts are taught positive Western reinforcement techniques that refine their traditional methods, with protocols that give elephants the appropriate care, protection, treatment and security.

Outside the camp, the foundation is also reclaiming agricultural land through reforestation, protecting corridors of elephant traffic, and developing methods to eventually safely release captive elephants into the wild.

Guests can experience safe and ethical activities, from walking with the giants — a gentle,

WHY SANCTUARIES?

Thai elephants can't simply be released back into the wild: besides a loss of habitat and fragmentation due to urban growth, there are also dangers with ivory poaching and run-ins with humans.

minimally imposing means to enjoy the company of the majestic creatures, to dining alongside baby elephants. There's also a full-day mahout training experience, and a morning elephant yoga class I had erroneously thought of as a cute side-by-side workout, but actually involved up-dogging on the mammal's neck.

Roberts says that done properly, the elephants aren't bothered by the activity. Still, for my own peace of mind, I chose to admire them from afar.

Renée S. Suen was hosted by the Tourism Authority of Thailand and a guest at Anantara Golden Triangle Elephant Camp & Resort, which didn't review or approve this story.

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TRAVEL NOTES LAST CHANCE FOR ICE-ROAD DRIVE, NORTH RIM CLOSURE AND WHAT'S HOT AT THE TATE
Last chance to drive ice road from Inuvik to Tuktoyaktuk promoted

In southern Canada, driving on ice is something to avoid. In parts of the North, it's the only wintertime option. But that option will soon cease to exist on one well-known route: the 187 kilometres between Inuvik and Tuktoyaktuk in the Northwest Territories. N.W.T. tourism officials are spreading the word that this winter offers the last chance to drive the seasonal ice road to Tuk, as the Arctic Ocean hamlet is called.

THE CANADIAN PRESS

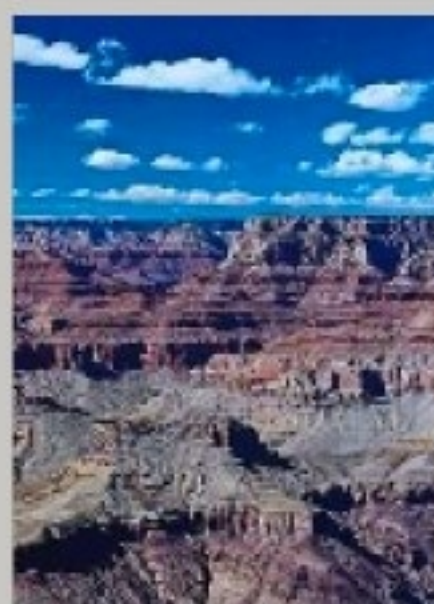


THE CANADIAN PRESS

Grand Canyon route closes for season

The 43-mile-long highway to the North Rim of the Grand Canyon closes Thursday for the winter. The Arizona Department of Transportation says State Route 67 will be closed about a half-mile south of its junction with US 89A at Jacob Lake. Most visitor facilities on the North Rim are already closed for the winter. The highway is scheduled to reopen in mid-May along with North Rim lodges, campgrounds and other amenities.

THE ASSOCIATED PRESS



ISTOCK

Goat among works in major Tate exhibit

Paintings, prints, sculptures and a taxidermy goat are on display in the first posthumous retrospective devoted to pop-art pioneer Robert Rauschenberg. The American was a painter, printmaker, sculptor and choreographer. His use of everyday objects was hugely influential. The exhibition at London's Tate Modern traces his career from 1950s abstract expressionism through pop-art screen prints to later works in textiles and performance.

THE ASSOCIATED PRESS



HANDOUT

REASONS TO HEAD TO BARBADOS THIS WINTER

Barbados proves that size really doesn't matter. Only 431 square kilometres (that's 200 sq. km smaller than Toronto), the island of about 300,000 people packs a punch: culture, tantalizing cuisine and picturesque beaches — not to mention Rihanna acting as a cultural ambassador. Best part, you can drive from any corner to the other in about an hour, making it perfect for exploring. **NATALIE NANOWSKI/FOR METRO**



ALL PHOTOS KAROLINA NANOWSKI/FOR METRO UNLESS OTHERWISE NOTED

THE CRANE RESORT
Enjoy the view

Looking to unwind? Head straight to The Crane Resort in the east. With stately rooms, manicured grounds and multiple pools it's one of the Caribbean's best resorts. Make sure you eat at L'Azure. Perched atop a cliff, the fine dining restaurant offers a spectacular view of Crane beach, rated one of the top ten beaches in the world. After, walk down the stone steps to lounge on the sand. If you're feeling bold, jump off a cliff into the warm ocean.


BATHSHEBA
Soups up!

Get your does of adrenaline with some of the best surfing in the Caribbean. The Soup Bowl in Bathsheba hosts international surf competitions. Not a pro? Head south to Surfer's Point for some gentle waves. You can also try kite surfing at neighboring Silver Point beach. It's wake boarding while controlling a kite and it's quickly becoming the hottest watersport.



ISTOCK

GARRISON SAVANNAH
Place your bets

For a ritzy affair put on your summer best and head over to The Cliff Beach Club for lunch. Munch on octopus carpaccio and chorizo stuffed squid overlooking the ocean as you listen to a live band. Then head south to the Garrison Savannah for some horse racing. It's been home to the sport since 1845 and is a family-friendly event. For dinner, stop in at Café Luna. Situated in an old Barbadian mansion and run by a gregarious Vancouver chef, you can dine on delicious grilled fish and sweet potato gnocchi as you watch the sunset.


OCEAN SPRAY APARTMENTS
Getaway

Ocean Spray Apartments in the south offers everything from yoga to surfing. Much of the food is grown on the 53-acre rainforest farm run by documentary filmmaker turned organic farmer Mood Patel. Try some homemade chocolates flavoured with spices like lemongrass or ginger that he's grown himself.


OISTINS
Fish to fry

Party with locals at Oistins fish fry. Dozens of outdoor stalls bring this place to life. Try a Bajan classic of fried flying fish, plantain, salad and breadfruit (a potato-like vegetable) which often comes with a potent rum punch. On the weekend the street comes alive and it's often one of Rihanna's songs that gets the crowds dancing.

Follow presidents to Palm Beach

FLORIDA

Area a golf favourite for both Kennedy and Trump

Brian Kendall
For Metro Canada



Following the January inauguration of Donald Trump, glamorous Palm Beach will once again become the preferred winter-time retreat of a golf-loving United States president.

John F. Kennedy could often be seen teeing it up on the Ocean Course at The Breakers, the towering Italian Renaissance-inspired luxury hotel that has been the focus of Palm Beach society for more than a century.

During his presidency, the Spanish-style Kennedy family compound at 1095 N. Ocean Blvd. served as the unofficial Winter White House.

Trump enjoys even fancier digs. In 1985, he purchased Marjorie Merriweather Post's fabulous Mar-a-Lago estate and turned it into a members-only



Located in the heart of Old Palm Beach, every golfer should head to The Breakers — whether they're a president or not. HANDOUT

club. The president-elect, a low-handicap golfer who owns or operates 17 golf clubs around the world, plays his rounds at nearby Trump International Golf Club.

Old Palm Beach is the historic heart of Palm Beach County, stretching from Jupiter in the north to Boca Raton in the south.

The county, the largest south-

east of the Mississippi River, is home to more than 165 courses, including several of the top resort tracks in the South.

Sharing the same address as the PGA of America in the upscale enclave of West Palm Beach, about 20 minutes north of Palm Beach, is PGA National Resort and Spa, the scene of

numerous past championships, including the 1983 Ryder Cup and the 1987 PGA Championship.

The headliner of the resort's five courses is the Champion Course, a superb Jack Nicklaus design that will host the PGA Tour's annual Honda Classic, Feb. 23 to 26.

“Every visitor should spend at least a few hours in Old Palm Beach, marvelling at the Mediterranean-style waterfront mansions along Billionaire's Row.”

PGA National's major rival among Palm Beach County's golf resorts is Boca Raton Resort and Club, a Spanish-Moorish beachfront palace designed in the 1920s by visionary architect Addison Mizner, famous as the creator of the Palm Beach Style. The property's original William Flynn-designed layout, the Resort Course, is sneakily difficult, with rapid elevation changes and numerous water features. A far stiffer test is the Country Club Course, a Joe Lee design located a short drive from the resort.

Mizner's imprint is seen everywhere in Palm Beach County, but especially in Old Palm Beach

where he designed opulent waterfront mansions for the Rockefellers, Du Ponts, Vanderbilts and other American royalty.

He took his inspiration from the medieval buildings of the Mediterranean, flamboyantly including courtyards and arcades in his designs to let his clients better enjoy the balmy Florida weather.

Every visitor should spend at least a few hours in Old Palm Beach, marvelling at the Mediterranean-style waterfront mansions along Billionaire's Row and exploring the chic boutiques that line Worth Avenue and its gracefully colonnaded corridors — Via Mizner, Via Prigi, Via Roma.

Equally essential for golfers is a tee off on the Ocean Course at The Breakers in the heart of Old Palm Beach.

Reputed to be Florida's first 18-hole layout when it opened in 1897, the Ocean Course sparked the game's rapid growth throughout Palm Beach County, a winter tourist destination still justly touted as “Florida's Golf Capital.”

For more travel golf stories, visit Brian's website at canadiangolftourer.com

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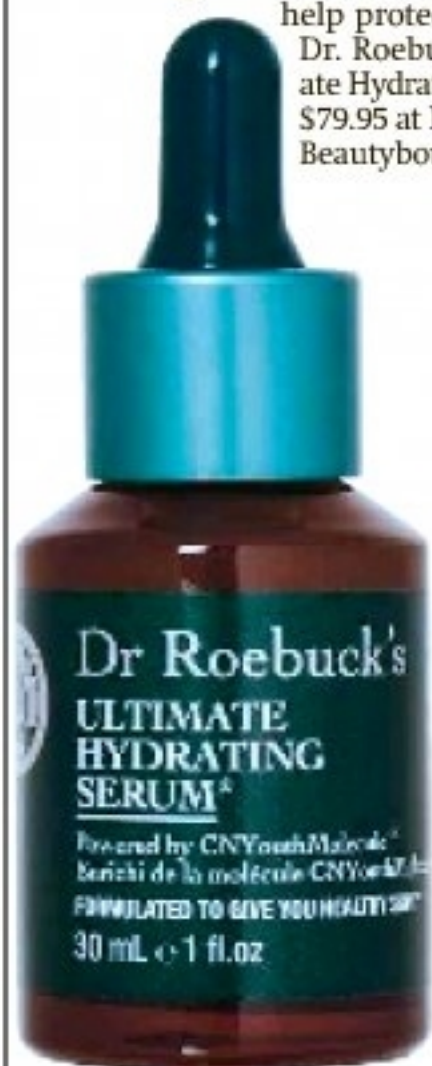
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Dr. Roebuck's Ultimate Hydrating Serum, \$79.95 at Murale, and Beautyboutique.ca.



The DIY Dude: Known for its rechargeable rotary haircutting tool with self-sharpening stainless-steel blades and five hair-length settings, the Conair for Men Even Cut maintains his 'do sans vacuum-cleaner hose (remember the Flowbee?). From \$69.96 at Walmart and Rexall Pharma Plus.

The Morning Man: Cold, grey mornings are a little brighter if they start with an invigorating routine. Love the wake-up power of the made-in-Canada LUSH Salt and Peppermint Bark Body Scrub bar. \$9.95 at Lush.ca.



The Throwback: If he likes a traditional shaving ritual, from Canada's Leaves of Trees he'll love the French White Clay Shaving Soap for its easy-glide texture and eucalyptus-oil antiseptic benefits. \$35, including wooden tray, at Leavesoftrees.com.



The Go-Getter: Near-miraculous Dermache Labs Roloxin Lift Instant Wrinkle Smoothing Masks erase signs of fatigue, tighten and brighten skin in less than 10 minutes — and the effects last all day. Also stellar for The Traveller, and for Her. \$59 box of five at Sephora.com.



The Health Nut: The unisex Saje 12 Days of Wellness Advent Calendar is a trove of must-haves, such as Immune Remedy, Eater's Digest Remedy, Peppermint Halo headache remedy, and grey-day remedy Liquid Sunshine diffuser oil. \$89.95 at Saje.com.

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Janine Falcon

The Best Tressed: The new Dyson Supersonic Hair Dryer is a triple-threat of form, function and futuristic cool — and it's the hottest hair-styling gift of the season. \$499.99 at Thebay.com.

The Busy Bee: No need for time-consuming, medi-spa laser-treatment appointments. The Tria Beauty Age-Defying Eye-Wrinkle Correcting Laser really reduces fine lines and wrinkles with just two minutes daily for eight weeks. He can use it too. \$285 at Triabeauty.ca.

The Minimalist: She might not fuss with much makeup, but healthy, comfortable, smooth and soft lips are always important. Set her

up for success with a gentle scrub, serum, therapeutic lip balm and tinted balm too. Fresh Sugar Lip Entourage 5-piece set, \$58, Sephora.com.

The Organizer: Art Deco, Clarins, The Body Shop, NYX, TheFaceShop, Lush — 'tis the year of must-have beauty advent calendars — tidy compart-

ments of daily surprises. Art Deco, \$86 (\$224), Shoppers Drug Mart; The Body Shop Ultimate, \$169 (\$305), The Body Shop.

The Sophisticate: Skin care goes high-textile with Canada's Nannette de Gaspé Restorative Techstyle Masques, beautiful and re-usable waterless fabric masks infused with softening ingredients. Masks for Hands, \$100 at Holt Renfrew.

The Skin Care Addict: Taking a leaf from its celebrity skin-smoothing favourite P50 toner, Biologique Recherche's P50 Body banishes rough patches, evens tone and moisturizes, too. From \$108 at kolortwist.com and one2oneonline.com.

*Product prices subject to change at retailer's discretion



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- 2 Biologique Recherche's P50 Body
- 3 Nannette de Gaspé Restorative Techstyle Masques
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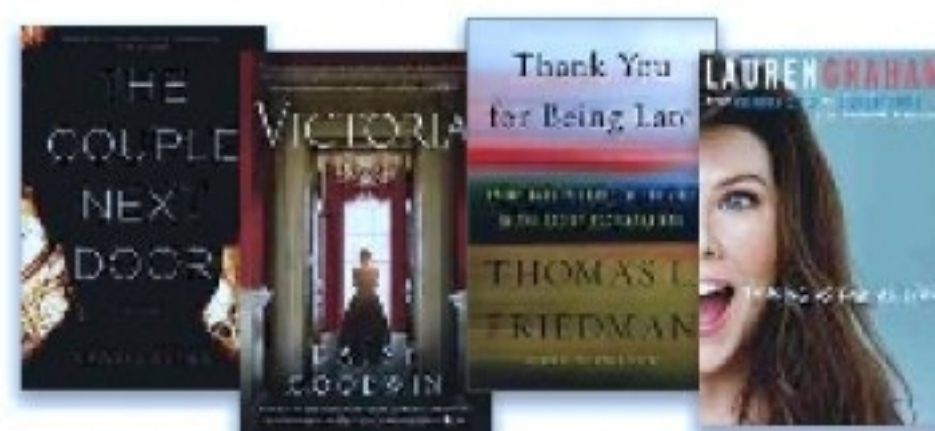
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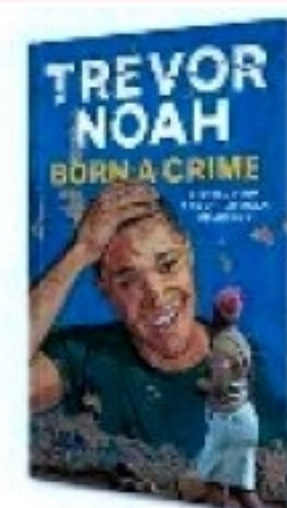
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PLAYFUL THINGS

From babes to teens, these prezzies are sure to please

Tanya Enberg



From budding builders and aspiring artists to Star Wars enthusiasts and tech lovers, here's a round up of some of the season's hottest toys guaranteed to please all of the kids on your holiday list.

Babies

Babies will giggle and jiggle with the **Dance and Move BeatBowWow** from Fisher-Price. Push the buttons on the paws and he will play songs, light up and bust out dance moves, with head bobbing, ears wiggling and tail wagging. \$29.94 at Walmart.ca.

3+ years

Award-winning **Valtech Magna-Tiles** is a must-have kit for builders of any age. The colourful translucent 3-D magnetic tiles connect easily so kids can create whatever the imagination stirs up, while developing math, science and fine motor skills at the same time. 100-piece set, \$124.99 at Amazon.ca.

The **Playmobil Pony Farm** takes little ones on a journey to the country. Go for a ride, feed the animals, and take care of the play den with all the tools needed to run the farm. \$59.99 at Playmobil.ca.

All things Paw Patrol remain hot this year and the new **Zoomer Marshall** from Spin Master is eager to get the adventure rolling. Marshall walks, talks, spins and comes with rescue missions and pretend water cannons that launch. \$89.99 at Toysrus.ca.

Young artists will love drawing, writing and getting their scribbles out on the **Scribble n' Play eWriter** from Boogie Board. The reusable doodle pad has an innovative multicolour LCD screen, bringing colour to eWriters for the first time. \$49.99 at Mastermindtoys.com.

Also new from Boogie Board is the **Jot 4.5 Clearview**, featuring a translucent LCD screen and removable alphabet flashcards for tracing big and small letters — ideal for mess-free learning. \$29.99 at Michaels.com.



The **Hexbug AquaBot Wahoo** is a zippy robotic fish that spins, dives and loops around when submerged in water. The small creature comes with a bowl, but is super entertaining to set free in the bathtub, too. About \$21 at Toysrus.ca.



Open up a world of magic inside the **Sago Mini Portable Playset, Jinja's House**. The kit comes with Jinja and Rosie figurines, delightful accessories and folds into a handy storage box in seconds. \$34.95 at Indigo.ca.

New arrival, the **Our Generation Nia 18" Doll** makes stylish addition to any collection. Nia is spotlight ready with a ballet dress, adorable shoes and leg warmers. \$39.99 at Mastermindtoys.com.

5+ years

Hatchimals are literally flying off the shelves. Called the hottest toy of the season, these cute creatures live inside an egg until they are ready to hatch with the help of human touch. Once out, the fun begins as kids teach their furry critter to walk, talk, dance and play games. \$79.99 at Toysrus.ca, though finding them in stock may be tough.

Cuteness is in the house with loyal **Astromech Droid, BB-8**. The **Star Wars Force Awakens Remote Control BB-8** rolls in any direction and makes authentic sounds. Prices vary. Available at shopat-showcasecanada.com and Indigo.ca.

Save playroom space with the three-in-one art studio from V-Tech. The **DigiArt Creative Easel** transforms from a dry erase board to chalkboard and a drawing table. One of the coolest features is learning to draw objects and shapes by using the magic pen and

tracing the light. Suggested price \$79.99 at Sears.ca.

6-15 years

Aspiring architects can put their vision to work building **Emma's Townhouse** from the Roominate line by Play-Monster. Combining design and engineering, kids create their own townhouse and outfit it with custom furniture, wallpaper and circuitry to bring it to life. \$59.99 at Amazon.ca.

Get powered up with the recent arrival of **DC Super Hero Action Hero dolls** to Canada. The Mattel line includes Wonder Woman, Supergirl, Batgirl, Harley Quinn, Bumblebee, Poison Ivy, and Katana. About \$25 each at Walmart.ca.

Take an inexpensive journey to incredible locations with the kid-friendly **3-D View-Master Virtual Reality Starter Pack**. Use a compatible smartphone and VR Destinations app and become immersed in famous places with a 360-degree view. \$29.99 at Bestbuy.ca.

Meet the perfect pet for dinosaur enthusiasts — the **Mecano Meccasaur**, a three-foot long T-Rex that kids get to build and



program. Hear the Meccasaur roar and watch it guard, walk and stomp. Recommended for 10+. \$159.99 at Mastermindtoys.com.



- 1 Dance and Move BeatBowWow from Fisher-Price
- 2 DC Super Hero Action Hero dolls from Mattel
- 3 Jot 4.5 Clearview from Boogie Board
- 4 Hatchimals
- 5 Our Generation Nia 18" Doll
- 6 Playmobil Pony Farm
- 7 Valtech Magna-Tiles
- 8 Zoomer Marshall from Spin Master
- 9 Meccano Meccasaur
- 10 Emma's House from the Roominate line

Disclaimer: Product availability and prices subject to change at retailer's discretion.



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 African Arabian
 Roman Arabian
 Hollywood Igloo
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 African Imperial
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Checking off the virtual shopping list

ON THE WEB

Online shopping is making us choosier gift givers

Vicky Sanderson

Maybe it's because you can buy just about anything online now—including a bed in a box—but Canada Post says 76 per cent of Canadians will shop online this year, up from 51 per cent in 2010.

Gift buying will most certainly be a factor in that jump, says Camille Kowalewski, head of communications for eBay Canada.

Ebay alone, notes Kowalewski, is home to some one billion products. So there's no excuse, she insists, for not coming up with the perfect gift, and for not doing so without necessarily throwing a b o u t loads of cash.

"The



trend is towards giving a gift that's more thoughtful rather than convenient or expensive," she said.

That might mean buying a sibling a nostalgic toy, such as a set of Gumby figures (about \$35 on eBay), and also easily found at one of the other online shopping giants, such as Amazon.

Thoughtful gifting will increasingly mean an "experience," says Cameron Papp, communications manager for StubHub, a global, virtual marketplace that connects buyers with tickets to concerts, sporting and special events.

His market research suggests 75 per cent of people would prefer an experience over something tangible, and 30 per cent would take a concert over a gift certificate to their favourite store. That number jumps to 75 per cent for people aged 18 to 25.

Demand for live music is on the rise, says Papp. In

2017, that could include concerts by such artists as The Weeknd or the Red Hot Chili Peppers.

Customization is popular among home decor and design gifts, says Erin Green, managing director of Etsy Canada, who suggests a gift with "a monogram or a mug with a custom illustration or initial that says it's just for that person." Other home decor on the site includes pretty agate coasters and one-of-a-kind magazine racks.

In a win-win shopping situation, Aeroplan members can gain travel miles as they shop with popular participating retailers. Some offer card holders special deals and promotions that earn them even more miles.

Home-related products, such as Dyson vacuum cleaners, sell well, says Francine Sternthal, director of product development at Aeroplan, as does Sonos, a wireless music system that lets you play any song stored in iTunes,



Internet radio stations, and online services like Pandora, Spotify, Rdio, and Google Play, anywhere in the house.

Gifts that last the whole year through are now a thing, says Aubrey Podolsky, director of strategy for brand design company Pigeon, pointing to True North Delivery Co., which will send what is essentially a box of Canadian junk food just about anywhere in the world.

"Because it's monthly, they know you are thinking of them all year, which makes it even more special," Podolsky said.

If a delivery from a wine club is more to your pal's taste, consider a service such as the Calgary-based Wine Collective where \$80 buys a gift set of two bottles sent across Canada, while sending four bottles a month for a year is around \$1,030. (There are many price points in between.)

Many independent bricks retailers now do business

online, including the Montreal-based VdeV Maison, which sells "vintage and industrial style" home decor and furniture and Au Lit Fine Linens, purveyors of beautiful bed linens. For affordable pillows (about \$60) and quirky v i n -

tage posters (\$18 each), check out Vancouver-based Cartolina.

There's also a plethora of do good/feel good online shopping options. Gifting, for example, a set of Capiz Shell Coasters (\$75) to someone supports the work of World Vision, while bolstering the economic independence of the Filipino artisans who make them.

A fair-trade basket from Ten Thousand Villages is practical, handsome and, with many less than \$20, also affordable.



+ ONLINE PRO

Online shopping may be fast, convenient and satisfying. It's still shopping, says eBay's Camille Kowalewski. So "you ask all the same questions you'd ask about a store you walk into," including, info on delivery and return, shipping costs and exchange rates.

Just because it's online doesn't mean you can leave all shopping to the last minute. The closer it gets to the date you want the present to drop, the shorter the distance between seller and recipient should be. Use geographic filters to help. You can also shop local; for example, on eBay Australia, for friends down under.

CLOCKWISE, FROM TOP LEFT: GIRAFFE COASTER, WORLDVISION.CA; DANI BARBE AGATE COASTERS ETSY.CA; DYSON VACUUM, AEROPLAN.COM/ESTORE; SONOS MUSIC SYSTEM, AEROPLAN.COM/ESTORE; LISA TERRY COPPER VINYL RACK AEROPLAN.COM/ESTORE; TEN THOUSAND VILLAGES BASKET, TENTHOUANDVILLAGES.CA.



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Major League Baseball and its players' union have reportedly agreed to ban smokeless tobacco for all new big leaguers



Tiger quickly fades in return to links

GOLF

Woods' strong front nine overshadowed by poor finish

Not only did Tiger Woods return to golf Thursday, he returned to being Tiger.

Just not for long.

Hardly looking like a player who had not competed in 466 days, Woods ran off three straight birdies with a variety of shots and was tied for the lead in the Hero World Challenge as he approached the turn.

Three shots in the bushes, one shot in the water and a few fits of anger sent him toward the bottom of the pack. A pair of double bogeys over the final three holes ruined an otherwise impressive return, and Woods shot 40 on the back nine at Albany Golf Club in Nassau, Bahamas, and had to settle for a 1-over 73.

He was in 17th place in the 18-man field. Only Justin Rose had a higher score.

Even so, Woods has reason to be encouraged. After taking off 15 months to recover from two back surgeries, he felt no pain or limitations. His misses were not big, just costly. And he was playing again.

He was nine shots behind J.B. Holmes, who opened with an



Tiger Woods dries his face while on the 10th green at the Hero World Challenge on Thursday in Nassau, Bahamas. CHRISTIAN PETERSEN/GETTY IMAGES

LEADERBOARD

1. J.B. Holmes	-8	64
2. Hideki Matsuyama	-7	65
3. Dustin Johnson	-6	66
4. Henrik Stenson	-5	67
4. Matt Kuchar	-5	67
4. Louis Oosthuizen	-5	67

8-under 64 and had a one-shot lead over Hideki Matsuyama, with U.S. Open champion Dus-

tin Johnson at 66.

Woods is coming off the longest hiatus of his golfing life. Plagued by back problems since 2013 when he was No. 1 in the world, he finally shut it down after tying for 10th in the Wyndham Championship on Aug. 23, 2015, and then going through two back surgeries.

With his first meaningful shot, he tugged his drive slightly onto the edge of a bunker, but hit that into 15 feet and

made par.

Early on, Woods — now ranked 898th in the world — looked like he belonged in the 18-man field of players from the top 50 in the world. He answered a few questions, not only with a 342-yard drive with a strong tropical breeze at his back, but with a tight draw.

Overall, Woods made five birdies, two bogeys and two double-bogeys.

THE ASSOCIATED PRESS

MLB

Players and owners reach 5-year pact

Baseball players and owners reached a tentative agreement on a five-year labour contract Wednesday night, a deal that will extend the sport's industrial peace to 26 years since the ruinous fights in the first two decades of free agency.

After days of near round-the-clock talks, negotiators reached a verbal agreement about 3-1/2 hours before the expiration of the current pact. A few hours later they signed a memorandum of understanding, which must be ratified by both sides. "It's great! Another five years of uninterrupted baseball," Oakland catcher Stephen Vogt said in a text message.

In announcing the agreement, Major League Baseball and the players' association said they will make specific terms available when drafting

\$195M

Among the many changes he luxury tax threshold rises from \$189 million to \$195 million next year with tax rates rising to 20 per cent for first offenders.

is complete.

"Happy it's done, and baseball is back on," Los Angeles Dodgers pitcher Brandon McCarthy said.

As part of the deal, the experiment of having the All-Star Game determine which league gets home-field advantage in the World Series will end after 14 years, a person familiar with the agreement told The Associated Press. THE ASSOCIATED PRESS

IN BRIEF

Gushue rink faring well without skip at Canada Cup

Brad Gushue's curling foursome is soaring without its skip at the 2016 Canada Cup curling competition.

The St. John's, N.L., rink won its third straight match to open the tournament in Brandon Man., stealing a point in the 10th end in a 7-6 win over Saskatoon's Steve Laycock (2-1) in Thursday's fifth draw.

Mark Nichols is calling the shots with Gushue back home rehabbing his hip and groin injury. THE CANADIAN PRESS

Vancouver, Victoria score world juniors hosting gig

Vancouver and Victoria will welcome the world's top under-20 hockey players in 2019 when the cities co-host the world junior hockey championship. The announcement was made on Thursday.

The 2019 tournament will mark the 13th time Canada has hosted the world juniors.

B.C. last hosted the event in 2006 in Vancouver, Kelowna and Kamloops. THE CANADIAN PRESS

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'Medicine game' comes to Standing Rock



Lyle Thompson at the Standing Rock Indian Reserve. AMANDA THOMPSON/THE CANADIAN PRESS HANDOUT

LACROSSE

Florida star Thompson brings his sport to pipe protest

Last week, Lyle Thompson packed up his family, a couple of friends and dozens of lacrosse sticks and drove more than 24 hours from his home in upstate New York to the site of the Dakota Access pipeline protests.

The lacrosse star wanted to see the demonstrations for himself, and he hoped he could lift spirits at the protesters' campsite through his sport, known by the Iroquois as the "medicine game."

He also brought his wife

Amanda, their three daughters, fellow pro player Bill O'Brien and University of Albany head coach Scott Marr to the Standing Rock Indian Reservation near the border between North and South Dakota. The plan was to organize a lacrosse game.

"All I'm trying to do is spread awareness and help other people, help other people in this world," Thompson said Tuesday from Syracuse, N.Y., near Onondaga Nation, where he grew up. "For this case, it's the people in North Dakota. It's been people fighting for other people, the people of this world, everything

living. I know what I stand up for, I know what I represent, I know what I care about."

The protests over the construction of Energy Transfer Partners' Dakota Access pipeline began in the spring. The proposed pipeline would run from the oil fields in western North Dakota to southern Illinois, crossing beneath the Missouri and Mississippi rivers, as well as part of Lake Oahe near the Standing Rock Indian Reservation. Protesters want to stop the completion of the



Lyle Thompson with Florida Launch. ROB FOLDY/GETTY IMAGES

1,886-kilometre pipeline because of the potential effects on drinking water on the reserve and farther downstream on the Missouri River, as well as the possible destruction of cultural artifacts, including burial sites.

The Standing Rock Sioux also claim that the land near the confluence of the Missouri and Cannonball rivers is owned by them under a nearly 150-year-old treaty. Thompson, 24, arrived Nov. 22, less than a day after violence erupted between protesters and security officers.

Protesters say police officers used fire hoses, tear gas and rubber bullets, while authorities say they were assaulted with rocks and burning logs.

Tensions were still running high after Morton County Sheriff

Kyle Kirchmeier said authorities would use the fire hoses again if necessary. Human rights organization Amnesty International had denounced officers' use of water when temperatures were below freezing.

After addressing the protesters at the community bonfire, Thompson walked around the campsite to personally spread word of a lacrosse game he was organizing. Despite the violence less than 24 hours earlier, he was struck by the generosity of the demonstrators.

More than 16 people, including Caucasian, African American and First Nations players, joined Thompson, O'Brien and Marr on a field that had wooden posts as goals. THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

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CFL

Riders running back McKnight shot dead

Saskatchewan Roughriders running back Joe McKnight has been shot to death following an argument at an intersection with another motorist.

Jefferson Parish Sheriff Newell Normand said the incident involving McKnight happened about 2:43 p.m. Thursday in Terrytown, a suburb of New Orleans. McKnight, 28, was standing outside his car when he was shot by Ronald Gasser, 54, Normand said during a news conference at the scene of the shooting.

"The only thing we know now, everything else is conjecture, is that Mr. Gasser did in fact shoot Mr. McKnight," Normand said.

McKnight was signed to Saskatchewan's practice roster on Sept. 26, and he ran for 150 yards in his first CFL start on Oct. 15



Joe McKnight
THE ASSOCIATED PRESS

as the Roughriders beat Toronto 29-11. "We are shocked to hear the news of Joe's sudden passing," Roughriders GM and head coach Chris Jones said.

THE ASSOCIATED PRESS

IN BRIEF

Steelers' Dupree fit to debut

Pittsburgh Steelers linebacker Bud Dupree heads into Sunday's game against the New York Giants without any limitations.

Dupree is ending a patience-testing stretch in which the 2015 first-round pick missed training camp then underwent sports hernia surgery before beginning the arduous process of getting back into shape. THE ASSOCIATED PRESS

LeBron to honour lost bet

LeBron James will be Mr. Cub for a little while.

To pay off a bet on the World Series he lost to close friend Dwyane Wade, James will wear a Cubs cap, jersey, pants and socks to Friday's game

in Chicago before the Cavaliers play the Bulls. "It's a bet," James said. "You have to fulfil your bet. Nothing more to it."

THE ASSOCIATED PRESS

Flyers edge Senators in OT

Claude Giroux scored his second goal of the game 40 seconds into overtime as the Philadelphia Flyers beat the Ottawa Senators 3-2 on Thursday to extend their win streak to three games. Michael Del Zotto also scored for the Flyers (12-10-3) while Steve Mason made 19 saves.

Mike Hoffman and Ryan Dzingel scored for the Senators (14-8-2). Mike Condon, making his fourth start and first since Nov. 17, made 29 saves.

THE CANADIAN PRESS

Comforting Egg Cups



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

Go ahead and admit you love eggs and toast for your evening meal, especially when the toast is designed to soak up every drop of the runny yolks.

Ready in 30 minutes

Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 4 slices of wholegrain bread
- 2 Tbsp butter, softened
- 4 eggs
- Salt and pepper to taste

Directions

1. Heat the oven to 375 F.

2. Trim the crusts off of your bread. Use a rolling pin to flatten them and butter both sides of each piece. Press each thin slice into a muffin tin.

3. Bake in the oven for 10 minutes, or until the bread is golden brown. Remove from oven. You can place the muffin tin on a cookie sheet — it will make getting finished eggs out of the oven easier. Now crack an egg into each nest and sprinkle with salt and pepper.

4. Place it back into the oven for about 20 minutes, you want the yolks and whites to set but not get too hard. Remove from the oven and use a butter knife to pry egg bakes out of the muffin tin. Serve with a side salad.

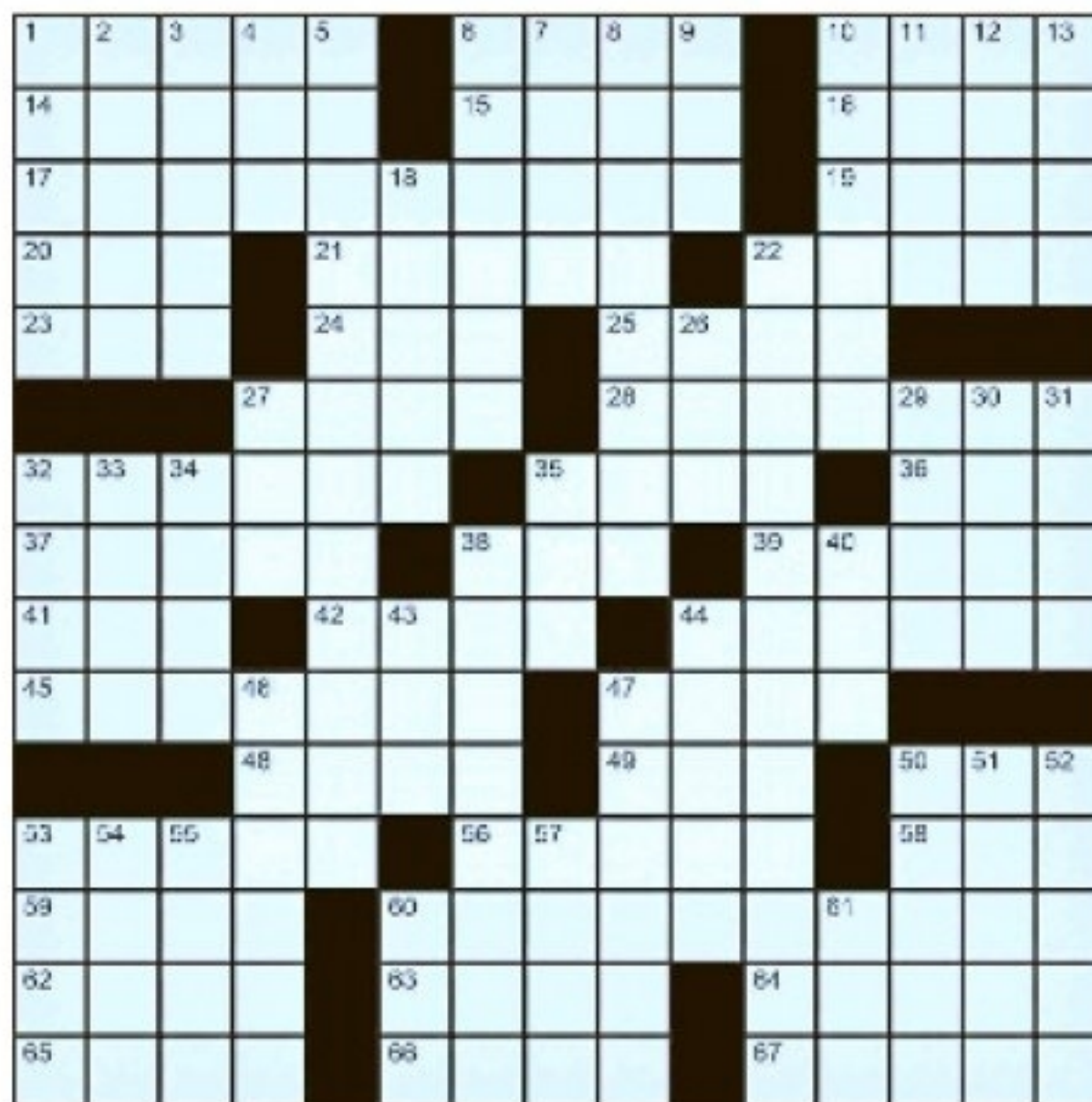
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Like a roast's glaze
6. "la Douce" (1963)
10. Twirl
14. Tenor role in 1892 opera Pagliacci
15. Fine
16. Moreover
17. Denizens of Vancouver Island's largest city
19. Mouselike critter
20. Once __ lifetime
21. "Jeez! I have no idea."
22. Alps song
23. Apple devices platform
24. Rapper, __ Kim
25. Montreal 'cabbage'
27. Ms. Suvari
28. Pilgrimage town in France for Saint Bernadette
32. Careless
35. Feline's utterance
36. Jan's portrayer on "The Brady Bunch"
37. "You've got __" ...pointed out the plumber
38. Angry
39. Baby barn bird
41. Final [abbr.]
42. "Stanley & __" (1990)
44. Sanctify
45. Statue of Liberty poet Emma
47. Musician Mr. Puente
48. "Watch your __!"
49. " __ about time." (Finally)
50. Emulate Donald Sutherland
53. Painter Mr. Chagall's
56. __ Corporal (Mar-



- ines rank)
58. Val- __, Quebec
59. Languish
60. Big boulevard in The South Shore of Montreal sharing the surname of Quebec's Premier from 1920 to 1936
62. Prayer's last word
63. Authentic

64. Sir Paul McCartney's second wife Heather
65. Hoover Dam lake
66. TV actress Susan, and surnamesakes
67. Spew

DOWN

1. Cato's 207
2. Chilliwack's wet-

- day tune
3. Past persons of Peru
4. Meet
5. Retro 1950s garbs: 2 wds.
6. Edmonton-born hockey great Jarome
7. Horse coat style
8. Batman: Acces-

- sorized like The Penguin
9. Classified listings, e.g.
10. Enjoy the delicious taste
11. Trudge
12. Archipelago part
13. Sir Coward
18. Archaeological

- attractions
22. Anne Murray's version of it was said to be John Lennon's favourite cover of a Beatles song ever: 4 wds.
26. Owl's sound
27. Ms. Farrow
29. Salami shop
30. Air Supply's " __ the Nights Are Better"
31. Cobblestone
32. "The Addams Family" (1991) star Mr. Julia
33. " __ Enchanted" (2004)
34. Toronto-based "Pure Auto" band
35. Humanities degs.
38. Can't remember where you put something
40. "Face/Off" (1997) director John
43. Sara of "Less Than Perfect"
44. G's spelled-out follower
46. Rise
47. Touches of colour
50. "Skyfall" songstress
51. Rake over the __
52. TD Canada __
53. Gentlewoman
54. Wile E. Coyote's supplier
55. Carla's portrayer on "Cheers"
57. Greyish
60. Sitcom co-star to #55-Down
61. 18-wheeler

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Use the next two months to make plans for your direction in life, especially your career. This will be a good time to talk to bosses and employers about advancing your job.

Taurus April 21 - May 21
Any kind of study or further interest in education will flow smoothly for you during the next two months. You want to learn, and you also want to travel. Bon voyage!

Gemini May 22 - June 21
The next two months are an excellent time to discuss financial negotiations and matters related to inheritances, insurance issues, taxes, debt and shared property. (It's a very favorable time for these activities.)

Cancer June 22 - July 23
The planet Mercury will oppose your sign for the next two months, giving you an excellent chance to explain your situation to someone close to you.

Leo July 24 - Aug. 23
The next two months are excellent for any kind of mental work, because you will be more attentive to detail than usual. You won't mind doing routine work that you might usually avoid.

Virgo Aug. 24 - Sept. 23
Games and mental activities will appeal to you during the next two months, because your mind will be in a playful mood. Enjoy amusing diversions like puzzles.

Libra Sept. 24 - Oct. 23
Family discussions and home repairs will be your strong focus in the next two months. Memories of your youth and times from the past will resurface.

Scorpio Oct. 24 - Nov. 22
Expect a busy two months ahead! Intellectual activities, short trips and conversations with everyone will keep you on the go! Yada, yada, yada.

Sagittarius Nov. 23 - Dec. 21
Trust your moneymaking ideas, especially in the next two months, because you will bring mental energy to anything related to your earnings and cash flow. Financial discussions will take place.

Capricorn Dec. 22 - Jan. 20
The planet Mercury moves into your sign today, where it will stay until early February of next year. This will make you talkative!

Aquarius Jan. 21 - Feb. 19
Your ability to do research and find answers will be excellent during the next few months. Start digging!

Pisces Feb. 20 - March 20
Expect increased involvement with friends and groups in the next few months, especially with friends from your past. (It's good to have history with others.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	5				6	7	
4			8		6			9
3			9					5
7			4					3
	6	3				7	9	
5			7					2
8			6					1
6			3		8			7
	2	9				8	3	

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